

**2021**

**YOGA EDUCATION**

**Paper : CC-201**

**Full Marks : 70**

*The figures in the margin indicate full marks.*

*Candidates are required to give their answers in their own words  
as far as practicable.*

1. 'Yogah Chitta Britti Nirodh'— Explain. Discuss in detail the relationship between Yoga and Education. 5+10

**Or,**

Write down the aims and objectives of Yoga. Discuss the need and importance of Yoga in the field of Physical Education and Sports. 5+10
2. What is your idea about Astanga Yoga? Explain the first and second stage of Astanga Yoga— *Yama* and *Niyama* in detail. 5+10

**Or,**

Write a brief note on Raja Yoga. Prepare a lesson plan on Asana or Pranayama for school students. 5+10
3. What do you understand by Kriya? Mention different types of Kriyas and explain the process of Kapalabhati Kriya. 5+3+7

**Or,**

Define Pranayama. What are the different types of Pranayamas? Briefly explain the effect of Pranayama on human body and mind. 5+3+7
4. Write notes on following (**any two**) : 7½×2
  - (a) Yoga as Therapy
  - (b) Vision and Mission of AYUSH
  - (c) Outreach of Yoga outside the Indian subcontinent
  - (d) Yoga — its practice and utility during Pandemic.
5. Answer the following MCQs by choosing correct option and writing it on your answer script (**any ten**) : 1×10
  - (a) Yogah Kormeshu \_\_\_\_\_ ?
    - (i) Kushalam
    - (ii) Kaushalam
    - (iii) Kaushyalam
    - (iv) Kushalang

**Please Turn Over**

- (b) 'Yuj' means
- |                 |                     |
|-----------------|---------------------|
| (i) Union       | (ii) Asana          |
| (iii) Pranayama | (iv) None of these. |
- (c) First International Day of Yoga was celebrated in the Year
- |            |            |
|------------|------------|
| (i) 2014   | (ii) 2015  |
| (iii) 2016 | (iv) 2017. |
- (d) Anulom-Bilom is a kind of
- |                 |             |
|-----------------|-------------|
| (i) Bandha      | (ii) Kriya  |
| (iii) Pranayama | (iv) Mudra. |
- (e) The odd one among the following is
- |                    |                         |
|--------------------|-------------------------|
| (i) Shabasana      | (ii) Chakrasana         |
| (iii) Bhujangasana | (iv) Paschimottanasana. |
- (f) Nauli is a
- |             |                     |
|-------------|---------------------|
| (i) Mudra   | (ii) Bandha         |
| (iii) Kriya | (iv) None of these. |
- (g) Full form of AYUSH is
- |   |
|---|
| (i) Ayurveda, Yoga, Union, Siddha and Homeopathy                |
| (ii) Ayurveda, Yoga, Unani, Siddha and Homeopathy               |
| (iii) Ayurveda, Yoga, Naturopathy, Unani, Siddha and Homeopathy |
| (iv) Ayurveda, Yoga, Naturopathy, Unani, Siddha and Homeopathy. |
- (h) Swami Kuvalayananda is associated with
- |                          |                              |
|--------------------------|------------------------------|
| (i) Kaivalyadhama        | (ii) Bihar School of Yoga    |
| (iii) Patanjali Yogapith | (iv) Shibananda Yoga Ashram. |
- (i) Yoga Sutra was compiled by
- |                       |                     |
|-----------------------|---------------------|
| (i) Gheranda          | (ii) Svamarama      |
| (iii) Rishi Patanjali | (iv) None of these. |
- (j) Parts of Yama are
- |   |
|---|
| (i) Ahimsha, Satya, Saucha, Asteya and Aparigraha           |
| (ii) Ahimsha, Satya, Asteya, Brahmacharya and Aparigraha    |
| (iii) Ahimsha, Satya, Santosha, Brahmacharya and Aparigraha |
| (iv) Ahimsha, Satya, Asteya, Tapas and Aparigraha.          |

(k) AYUSH was established on

(i) 29th November, 2014

(ii) 19th November, 2004

(iii) 9th November, 2014

(iv) 9th November, 2004.

(l) An important Yoga institute of India is

(i) Kaivalyadhama

(ii) Vivekananda Kendram

(iii) Shibananda Ashram

(iv) All of these.

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