

2022

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. "Sound mind in a sound body"— Explain the statement. Discuss the historical development of Yoga. Write down the relation between the Yogic Practice and Physical Exercise. 3+8+4

*Or,*

Write down the meaning and definition of Yoga. Are regular yogic practices helpful to students of Physical Education and Sports? 5+10

2. What do you understand by Astanga Yoga? Mention different parts (angas) of Astanga yoga. Explain in details the fourth stage of Astanga yoga i.e. Pranayama. 3+4+8

*Or,*

What do you mean by Hatha yoga? Explain the steps of yogic teaching method. Explain Karma yoga and Bhakti yoga. 3+4+8

3. Write the meaning of Asanas and describe its types. Explain the effects of Asanas on human body and mind. 3+2+10

*Or,*

Describe the procedures and advantages of Ustrasana and Halasana with stick diagrams. 7+8

4. Write notes of the following (*any two*) : 7½×2
- Yoga and Education
  - Surya Namaskar (12 steps with stick diagrams)
  - Kriya
  - Jnana yoga.

**Please Turn Over**

5. Answer the following MCQs by choosing the correct option and writing it in your answer-scripts  
(any ten) : 1×10

(a) Ahimsa is part of :

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|-------------|-------------|
| (i) Asana   | (ii) Niyama |
| (iii) Kriya | (iv) Yama.  |

(b) How many types of Kriyas are there in Yogic education?

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|---------|---------|
| (i) 8   | (ii) 6  |
| (iii) 5 | (iv) 9. |

(c) Forceful exhalation is called

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|----------------|----------------|
| (i) Pranayama  | (ii) Kapalvati |
| (iii) Vastrica | (iv) Kumbhaka  |

(d) Trataka is the cleaning process of

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|---------------|-------------|
| (i) Mouth     | (ii) Eye    |
| (iii) Stomach | (iv) Brain. |

(e) Which of the following yoga gurus, born in the twentieth century, published Yoga-Mimansa?

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|-------------------------|---------------------------------|
| (i) Swami Kuvalayananda | (ii) Rishi Patanjali            |
| (iii) Swami Sivananda   | (iv) Tirumalia Krishnamacharya. |

(f) Name of the cooling Pranayama is

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|---------------|-------------------|
| (i) Ujjayi    | (ii) Nari Sodhana |
| (iii) Sitkari | (iv) Kapalvati.   |

(g) 'Inhalation and holding the breath' is called

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|---------------------|----------------|
| (i) Anulom Bilom    | (ii) Ujjai     |
| (iii) Anta Kumbhaka | (iv) Vastrica. |

(h) The steps of Astanga yoga do not include

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|-------------|-----------------|
| (i) Dhyana  | (ii) Dharana    |
| (iii) Karma | (iv) Pranayama. |

(i) Dhanurasana comes under

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|----------------------|----------------------|
| (i) Meditative asana | (ii) Swasthasana     |
| (iii) Relaxative     | (iv) Cultural asana. |

- (j) 'Basti' is a type of
- |               |             |
|---------------|-------------|
| (i) Pranayama | (ii) Kriya  |
| (iii) Bandha  | (iv) Asana. |
- (k) How many Sutras are there in Patanjali Yogasutra?
- |           |           |
|-----------|-----------|
| (i) 160   | (ii) 190  |
| (iii) 195 | (iv) 210. |
- (l) How many types of 'Netis' are practiced in yogic education?
- |         |         |
|---------|---------|
| (i) 1   | (ii) 2  |
| (iii) 5 | (iv) 7. |
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