

**2021**

**YOGIC SCIENCES**

**Paper: MPCC-103**

**Full Marks-70**

*The figures in the margin indicate full marks.*

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

**Answer all Questions**

1. Describe the role of Yoga for developing immunity against the respiratory diseases like Covid-19. 15

*Or,*

What is Astanga yoga? What are the steps of Astanga Yoga? Explain the significance of Yama and Niyama in respect of social perspective. 3+4+8

2. Why classification of Asana and Pranayama is important in Yogic Science? Explain the procedure of Dhanurasana and Halasana in detail. 5+(5+5)

*Or,*

Scrutinize Suryanamaskara as a yogic posture. Discuss the steps of the Suryanamaskara in detail with all positional pictures. Write the effects of regular practice of Suryanamaskara on health. 3+8+4

3. Define 'Kriya' and depict the six forms of Kriya. Elucidate in details the effects of Kriyas on various organic system of human body. 5+10

*Or,*

"Regular practice of Asanas improves health condition of human being"--justify the statement with your explanation. 15

4. Write short notes of the following (**any two**): 2x7.5

- (a) Yoga and Wellness
- (b) Scope of Yoga
- (c) Role of Meditation
- (d) Karma Yoga

(2)

5. Answer the MCQs by choosing the right option from the following and writing it on your answer script (**any ten**): 10x1

- a) According to 'Hatha-yoga', the word 'Hatha' stands for:
- (i) Duality in balance (Ha=Sun, Tha=Moon).
  - (ii) Life force, energy that moves through all earthly things.
  - (iii) Union of body, mind and spirit.
  - (iv) All the above.
- b) In Yogic Sciences, the 'Prana' means:
- (i) Union of mind and body
  - (ii) Duality in balance
  - (iii) Life force, energy that moves through all earthly things
  - (iv) All the above
- c) In reference of the Astanga Yoga, the 'Niyama' stands for:
- (i) The eight limbs of Yoga Practice
  - (ii) The five personal discipline of cleanliness
  - (iii) Three part of breathing
  - (iv) Union of mind, body and spirit
- d) In Yogic sciences, the 'Samadhi' is expressed as:
- (i) A trance or state of bliss
  - (ii) A state of sleep
  - (iii) A state of resting
  - (iv) All the above.
- e) In reference of the 'Astanga Yoga', the 'Yama' stands for:
- (i) The devoted practice of Yoga posture
  - (ii) The five universal commandments
  - (iii) Shining skull breathing
  - (iv) All the above.
- f) According to Yogic science, the 'Kapalvati' is:
- (i) A Pranayama
  - (ii) A Kriya
  - (iii) Both (i) & (ii)
  - (iv) Neither (i) nor (ii)
- g) The word "OM" used in Yoga as chant, means:
- (i) A Mantra
  - (ii) A Vibration
  - (iii) Sound of the Universe
  - (iv) All the above.

(3)

- h) Which of the following describe the nature of breathing during ‘Kapalabhati’?
- (i) Negligible inhalation and forcefully exhalation
  - (ii) Negligible exhalation and forcefully inhalation
  - (iii) Inhalation through nostril and exhalation through mouth
  - (iv) Inhalation through right nostril and exhalation through the left
- i) Which of the yogic posture mentioned below is a meditative posture?
- (i) Chakrasana
  - (ii) Padmasana
  - (iii) Salvasana
  - (iv) Holasana
- j) How many types of ‘Neti’ are there in Yogic sciences?
- (i) 2 types
  - (ii) 5 types
  - (iii) 7 types
  - (iv) 10 types
- k) Which of the following Asanas are helpful to develop flexibility?
- (i) Padahasthasana
  - (ii) Paschimottasana
  - (iii) Chakrasana
  - (iv) All the above.
- l) How many Sutras are there in Patanjali Yoga?
- (i) 195
  - (ii) 160
  - (iii) 190
  - (iv) 210
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