

**2022**

**YOGIC SCIENCES**

**Paper: MPCC-103**

**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.*

***Answer the following questions.***

1. What is your idea on Yogic Science? Briefly explain any five parts of Astanga Yoga. 5+10

Or

Write down the names of different schools of Yoga. Discuss in detail the concept of Karma Yoga and Bhakti Yoga. 3+12

2. What are the Yogic Kriyas? Enlist different types of Yogic Kriyas. Explain the procedure of Jal Neti and Sutra Neti in details. 3+2+10

Or

Elaborate the concept 'Pranayama'? Enumerate the different types of Pranayama. Discuss the procedure of any three of them and write down their advantages. 3+2+10

3. Enlist the various benefits of Kriyas on human body. Categorize the Asanas according to their starting postures. Mention the benefits of regular practice of Asanas. 5+10

Or

Do you think practice of Pranayama improves the health condition of human being? - justify your answer. 15

4. Write short notes of the following (*any two*): 7.5x2

- Yoga as medicine
- Yoga and Relaxation
- 12 steps Suryanamaskara
- Practice of Yoga and Sports performance

5. Answer the following MCQs by choosing the right option given below and writing it on your answer script (*any ten*): 1x10

a) 'Anandamaya kosha' signifies-

- (i) Mind body.
- (ii) Pranic body.
- (iii) Bliss body.
- (iv) Physical body.

b) 'Ujjayee' is a / an -

- (i) Pranayama.
- (ii) Asana.
- (iii) Kriya.
- (iv) Relaxation technique.

c) Dhauti is a/an -

- (i) Pranayama.
- (ii) Asana.
- (iii) Kriya.
- (iv) Relaxation technique.

d) Kapalabhati is a -

- (i) Forceful exhalation.
- (ii) Forceful inhalation.
- (iii) Forceful inhalation and exhalation.
- (iv) None of these three.

e) Gomukhasana is a -

- (i) Swasthaasana.
- (ii) Meditative asana.
- (iii) Relaxative asana.
- (iv) None of these three.

f) Pranayama is a combination of :

- (i) Prana + ayama
- (ii) Prana + apana
- (iii) Prana + adhayama
- (iv) All the above

g) Soucha is a sub part / steps of

- (i) Meditation.
- (ii) Yama.
- (iii) Asana.
- (iv) Niyama.

- h) Ahimsa is a part of
- (i) Asana.
  - (ii) Niyama.
  - (iii) Yama.
  - (iv) Meditation.
- i) Control of breathing is known as
- (i) Pranayama.
  - (ii) Asana.
  - (iii) Kriya.
  - (iv) Pratyahara.
- j) The 5<sup>th</sup> limb of Astanga Yoga is -
- (i) Dharana.
  - (ii) Yama.
  - (iii) Dhyana.
  - (iv) Pratyahara.
- k) 'Trataka' is the cleaning process for -
- (i) Mouth.
  - (ii) Eye.
  - (iii) Stomach.
  - (iv) Brain.
- l) Name of cooling Pranayama is -
- (i) Ujjai
  - (ii) Nari sodhana
  - (iii) Sitkari
  - (iv) Kapalvati.
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