

2023

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. What is meant by 'Yoga'? Describe the aims and objectives of 'Yoga'. Discuss the need and importance of Yoga in the field of Physical Education and Sports. 3+6+6

*Or,*

Write down the aims and objectives of 'Yogasana'. Describe the effects of Yoga on human health and mind. 7+8

2. What is 'Astanga Yoga'? Mention different parts of Astanga Yoga. Briefly explain the terms 'Karma Yoga' and 'Jnana Yoga'. 3+4+8

*Or,*

Write a brief note on 'Raja Yoga'. Describe the various steps of Yogic-teaching method. 5+10

3. What are Asanas and Pranayama ? Describe the effects of Asanas and Pranayama on human body and mind. 8+10

*Or,*

Classify different types of Asanas. Describe the influences of meditative posture on human body and mind. 8+7

4. Write short notes of the following (*any two*) : 7½×2

- (a) Vision and Mission of AYUSH  
(b) Yoga as therapy  
(c) Yoga as a part of Education  
(d) Surya Namaskar (12 steps with stick diagrams).

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

- (a) Which is the Sanskrit root of the word 'Yoga'?  
(i) Yug (ii) Yuge  
(iii) Yuj (iv) Yuje.

**Please Turn Over**

- (b) Which day is celebrated as 'International Day of Yoga'?
- (i) June 20 (ii) June 21  
(iii) June 22 (iv) June 23.
- (c) Who compiled 'Yoga Sutra'?
- (i) Patanjali (ii) Gheranda  
(iii) Svatomarama (iv) None of them.
- (d) Every Yoga teacher must start the practice session with:
- (i) Pranayama (ii) Asana  
(iii) Kriya (iv) Silence.
- (e) A Yoga class normally begins with:
- (i) A prayer (ii) Surya Namaskar  
(iii) Yogic Sukshma Vyayama (iv) Yogasana.
- (f) Which element of Astanga Yoga facilitates to control external respiration?
- (i) Yama (ii) Niyama  
(iii) Asana (iv) Pranayama.
- (g) How many different asanas does Surya Namaskar comprise of
- (i) 12 (ii) 7  
(iii) 10 (iv) 8.
- (h) The appropriate amount of time to wait after a meal before beginning a Yoga practice is
- (i) 30 minutes (ii) 60 minutes  
(iii) 90 minutes (iv) 2 hours.
- (i) Out of the following which one is not an Ashtanga Yoga?
- (i) Yama (ii) Niyama  
(iii) Dhouti (iv) Pranayama.
- (j) Which asana is helpful in maintaining normal blood pressure?
- (i) Shavasana (ii) Padmasana  
(iii) Sheershana (iv) Shalabhasana.
- (k) Pranayama is which part of the Ashtanga Yoga?
- (i) First (ii) Third  
(iii) Fourth (iv) Sixth.
- (l) Out of the following which activity does not belong to Pranayama ?
- (i) Dhouti (ii) Purak  
(iii) Rechak (iv) Kumbhak.
-