

2023

**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.*

1. Elaborate the meaning of Yoga. Mention the names of five important schools of Yoga and discuss any two of them. 2+5+8

*Or,*

What is Astanga Yoga? Enlist the eight limbs of Astanga Yoga. Discuss "Yoga as a Science".

3+5+7

2. What is Yogic Kriya? Mention the Shatkriyas in Yoga. Discuss any two of the Shatkriyas and describe their physiological mechanism. 2+3+10

*Or,*

What are Asanas? Classify Asana according to their starting positions with suitable examples. Explain the mechanism of Pranayama. 3+6+6

3. Define Meditation. State the procedure of meditation. Discuss the healthful effects of meditation on human body. 2+4+9

*Or,*

Mention the different types of Pranayama. Discuss the impact of Pranayama on the bodily organs and systems. 5+10

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

- (a) Yoga therapy
- (b) Yoga for better sports performance
- (c) Yoga for holistic health
- (d) Yoga for relaxation.

5. Answer the following by choosing the correct option from the given alternatives for each question and write it on your answer script (*any ten*) : 1×10

- (a) Which one of the following is not a part of Pranayama?
- (i) Samadhi
  - (ii) Puraka
  - (iii) Kumbhaka
  - (iv) Rechoka.

**Please Turn Over**

- (b) Which of the following is a Kriya?
- (i) Samadhi (ii) Kapalabhati  
(iii) Kumbhak (iv) Mudra.
- (c) Who compiled 'Yoga Sutra'?
- (i) Patanjali (ii) Gheranda  
(iii) Svatmarama (iv) None of them.
- (d) In which day the UN General Assembly announce to celebrate the International Yoga Day?
- (i) 21st June, 2014 (ii) 11th December, 2014  
(iii) 12th December, 2014 (iv) 11th June, 2014.
- (e) The purpose of Yoga as practice by the ancient Indian sagas was to attain
- (i) Perfect health (ii) Peace of mind  
(iii) Stress relief (iv) Enlightenment or Self-realization.
- (f) The asana that does not need an inverted posture is
- (i) Sarbangasana (ii) Halasana  
(iii) Brikshasana (iv) Shirsasana.
- (g) Which is the oldest text book of yoga?
- (i) Raja yoga (ii) Yoga sutra  
(iii) Yogasamhitha (iv) Karma yoga.
- (h) The first part of yoga sutra deals with
- (i) Samadhi (ii) Niyam  
(iii) Asana (iv) Yama.
- (i) 'Meditation' is a necessary condition of
- (i) Salvation (ii) Niyama  
(iii) Dharana (iv) Asana.
- (j) 'Vritti' means
- (i) Body concentration (ii) Neatness  
(iii) Pleasure (iv) Mental meditation.
- (k) Which type of asana is not suitable for the people suffering from high blood pressure?
- (i) Prone postures (ii) Supine postures  
(iii) Inverted postures (iv) Standing postures.
- (l) 'Kumbhaka' associated with Pranayama, means \_\_\_\_\_.
- (i) retention of breath (ii) inhalation of breath  
(iii) exhalation of breath (iv) purification of breath.