

2024

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. Discuss the aim and objectives of Yoga. Describe the need and importance of Yoga in the field of Physical Education and Sports. 5+10

Or,

Define Yoga. Who is considered as the father of Yoga philosophy? Write about the philosophy of yoga practice. 3+2+10

2. What are the methods of Yoga? Briefly explain the four major types of Yoga. 3+12

Or,

Explain the different limbs of 'Astanga Yoga' in detail. 15

3. What are the effects of Kriyas in the respiratory system? 15

Or,

Explain the role of Kriyas in our wellbeing. 15

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

- (a) Objectives of AYUSH
(b) Effect of meditation on nervous system
(c) Yoga as a therapy
(d) Yoga as part of Education.

5. Choose the right option for each of the following MCQs and writing on your answer script (*any ten*): 1×10

- (a) Which of the following is the most popular form of Yoga?

- (i) Hatha Yoga (ii) Karma Yoga
(iii) Raj Yoga (iv) Jnana Yoga

- (b) Which God is the creator of Yoga?

- (i) Krishna (ii) Rama
(iii) Vishnu (iv) Shiva

- (c) In which language the 'Yoga Sastra' was developed in ancient India?
(i) Bengali (ii) Hindi
(iii) Sanskrit (iv) Dravid
- (d) Who has propounded Yoga in India?
(i) Ramdev (ii) Patanjali
(iii) Vivekananda (iv) Gorakhnath
- (e) How many steps are there in Suryanamaskar?
(i) 8 (ii) 9
(iii) 10 (iv) 12
- (f) Yogasana is divided in how many categories?
(i) 02 (ii) 03
(iii) 04 (iv) 05
- (g) In which year International Yoga Day was first introduced?
(i) 2010 (ii) 2015
(iii) 2016 (iv) 2020
- (h) Which of the following asanas is known as the Locust pose in Yoga?
(i) Vakrasana (ii) Halasana
(iii) Garudasana (iv) Shalavasana
- (i) In which Day did the UN General Assembly announce as the International Yoga day?
(i) 21st June (ii) 29th August
(iii) 21st July (iv) 15th August
- (j) Which asana is considered as the Queen of all asanas?
(i) Sarbangasana (ii) Halasana
(iii) Bhujangasana (iv) Vajrasana
- (k) Which of the following is an example of twisted pose of asana?
(i) Brikhasana (ii) Padmasana
(iii) Bajrasana (iv) Ardhamatsendrasana
- (l) Which of the following is the 4th and 6th limbs of Astanga Yoga?
(i) Yama and Niyama (ii) Asana and Pranayama
(iii) Meditation and Salvation (iv) Pranayama and Dharana
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