

M.Sc., DEGREE EXAMINATIONS – MARCH/APRIL 2016

II SEMESTER

Physical Education

27004

PAPER IV – Basic Concepts of Yoga
(NON CORE SUBJECT)

Time: 3 Hours

Max.Marks:75

(No additional sheet will be supplied)

PART – A (5 x 5 = 25 marks)

Answer any FIVE Questions.

Each question carries 5 marks

Each answer should not exceed 2 pages.

1. Define yoga and explain its meaning?
2. What are raja yoga and Hatha yoga?
3. Role of meditation in relaxation?
4. Explain limbs of yoga?
5. Explain Bujangasana and its benefits?
6. Explain misconceptions of yoga?
7. Yogic treatment for asthma?
8. Yoga Mudra and its benefits?

PART – B (5 x 10 = 50 marks)

Answer all Questions.

Each question carries 10 marks

Each answer should not exceed 5 pages

9. Explain yoga and its relevance to physical education?
(Or)
10. Explain concepts, objectives and benefits of yoga?
11. Describe the importance of Astanga yoga and Bakthi yoga?
(Or)
12. Explain the streams of yoga and its benefits?
13. Explain pranayama and dhyana Samadhi?
(Or)
14. Explain Suryanamaskara and its objectives?
15. What is meditation explain how and when to meditation?
(Or)
16. How to develop a skill through meditation?
17. Explain the effects of yoga therapy on nervous system?
(Or)
18. Effects of yoga on circulatory system?

