

27001

M.P.Ed., DEGREE EXAMINATION, MARCH/APRIL 2019.

SECOND SEMESTER  
PHYSICAL EDUCATION  
Paper I — YOGIC SCIENCES

Time : Three hours

Maximum : 75 marks

(No additional sheet will be supplied)

PART A — (5 × 5 = 25 marks)

Answer any FIVE questions.

Each question carries 5 marks.

Each answer should not exceed 2 pages.

1. Scope of Yoga.
2. Astanga Yoga.
3. Suryanamaskaras.
4. Benefits of Kriyas.
5. Bandhas.
6. Pranayama.
7. Types Meditation.
8. Self-Actualization.

PART B — (5 × 10 = 50 marks)

Answer ALL questions.

Each question carries 10 marks.

Each answer should not exceed 4 pages.

9. Define Yoga? Explain about importance of Yoga.

Or

10. Explain the streams of Yoga.
11. Define Asana? Explain the Classification of Asana.

Or

12. Define Mudras. Explain the purpose and benefits of Mudras.

13. Define Pranayama? Explain importance and impact of Pranayama on naadis.

Or

14. Define Chakras. Explain the effects of Pranayama on major Chakras.

15. Define Meditation. Explain types and benefits of Meditation.

Or

16. Explain the role of Meditation on Stress Management.

17. How will you reduce Anxiety and Depression through Yoga?

Or

18. Explain the role of Yoga in Sports and Games.

