

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

II SEMESTER

Physical Education

PAPER I – Yogic Science

27001

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? Explain its meaning and scope?
2. Explain basic systems of yoga and their importance?
3. Benefits of asanas
4. Importance of surya namaskara?
5. Importance of pranayama?
6. Meditation and stress management?
7. Yoga and concentration?
8. Yoga and yogic power?

PART – B (5 x10= 50 marks)

Answer all Questions.

Each question carries 10 marks

Each answer should not exceed 5 pages

9. Define yoga meaning and importance of yoga in daily life?
(Or)
10. Compare and contrast yogic education and physical education?
11. Briefly explain ashtanga yoga with suitable examples?
(Or)
11. How yoga useful to human beings to prevent diseases?
13. Explain the importance of neti, kapalabhati and dhanti kriyas?
(Or)
14. Explain the importance of jaladhara, udyana and mulabhandas?
15. Define meditation and explain how one can develop concentration?
(Or)
16. How to develop a skill through meditation?
17. Explain preventive and curative aspects of yogic therapy?
(Or)
18. Effects of yogasanas on nervous system?

