

M. P. Ed 1<sup>st</sup> Semester Examination 2021  
Yogic Science  
MPCC – 103

Full Marks – 70

Time – 3 Hours

*The figures in the margin indicate full Marks.*

*The candidates are required to give their answers in their own words as far as practicable.*

*Illustrate the answer wherever necessary.*

1. Define yoga and yoga education. Discuss the role of yamas and niyamas in day-to-day life. 7+8=15

**OR**

What is Dharana and Dhyana? Discuss how regular yogic practices helps to improve and maintain our mental health. 5+10 = 15

2. What is kriya and bandha? Who is Swatmarama? Briefly explain the therapeutic benefits of shat kriyas. 2+2+1+10 =15

**OR**

What are Puraka, Rechaka and Kumbhaka? Briefly explain the psychophysiological benefits of pranayama. 6+9 = 15

3. Define Asana. Write the general principles of practicing asana . 3+12 =15

**OR**

What is Pranayama? Write the general principles of practicing pranayama . 5+10=15

4. Write the method, practice schedule and benefits of any one meditation technique of your choice. 5+5+5=15

**OR**

Prepare a regular schedule of yoga practice for one hour for healthy adult male and female.15

5. Write notes on any two (2) from the following. 2 X 5=10

- a) Pratyahara
- b) Suryanamaskar
- c) Yoga and Sports Performance
- d) Yoga for Wellness