

VINAYAKA MISSION'S RESEARCH FOUNDATION, SALEM**B.P.E.S. DEGREE EXAMINATION – April 2019****Second Semester****SCIENCE OF YOGA EDUCATION**

Time: Three hours

Maximum: 75 marks

PART – A (10 x 2 = 20 marks)Answer any **TEN** questions. All questions carry equal marks.

1. Define term Yoga.
2. Astanga yoga.
3. Define Obesity.
4. Mental illness.
5. Write one definition of bandhas.
6. Define term asthma.
7. Types of mind.
8. Write any two types of bandgas.
9. Pranayama.
10. Consciousness.
11. Define chakras.
12. Define diabetic.

PART – B (5 x 5 = 25 marks)Answer any **FIVE** questions. All questions carry equal marks.

13. Explain the term suryanamaskar.
14. Explain the modern development in yoga.
15. Write effect of yoga on mental health.
16. Write short note on Mudras.
17. Define viparitarani.
18. Write importance of Astanga yoga.
19. How yoga is helpful for hypertension person.
20. Explain term super consciousness.

PART – C (3 x 10 = 30 marks)Answer any **THREE** questions. All questions carry equal marks.

21. Explain the philosophy of yoga.
22. Explain the term bandhas and its types.
23. Explain in detail the types of mind.
24. Explain chakras and kundalini shakti.
25. Write notes on (a) super consciousness (b) headache