

VINAYAKA MISSION'S RESEARCH FOUNDATION, SALEM**B.P.Ed DEGREE EXAMINATION – April 2019****Second Semester****YOGA EDUCATION AND SPORTS NUTRITION**

Time: Three hours

Maximum: 75 marks

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

1. What is karma yoga?
2. List down the various system of yoga.
3. What is Pranayama?
4. Define any two important benefits of Halasana.
5. Define any two important benefits of vajrasana.
6. Define Meditation.
7. Define: Prana.
8. Define: Muthra.
9. Define: Kiriya.
10. Write short notes on circulatory system.
11. Write short notes on nervous system.
12. What is balanced diet?

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

13. Describe bakthi yoga and its principles.
14. Describe any two sitting Asanas.
15. Describe the procedure of practicing Sirasasana.
16. What is Nouli and describe the types of Neti.
17. Describe the methods of practicing Trataka.
18. Describe any two important effects of yoga on muscular system.
19. Explain - Malnutrition.
20. Describe the factors affecting diet.

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

21. Briefly explain eight limbs of yoga.
22. Describe the guidelines for practicing asanas.
23. Explain about the Pranayama, its various methods and benefits.
24. Briefly explain various effects of yoga practice on muscular system.
25. Explain briefly about classification of food.
