

**VINAYAKA MISSION'S RESEARCH FOUNDATION, SALEM
(Deemed to be University)**

B.P.Ed DEGREE EXAMINATION - November 2019

**First Semester
YOGA EDUCATION**

Three Hours

Maximum: 70 marks

PART - A

Answer any TEN questions:

(10*2=20)

1. Write Short notes on yoga sutra.
2. What is Karma Yoga?
3. Define Muscular System.
4. How many parts Present in Respiratory System.
5. Write Short notes on yoga for Diseases.
6. Write Sanskrit meaning of Halasana.
7. Define Bujangasana.
8. Define Kumbhaka.
9. Define Nadi.
10. Write any two points cautions of Bhastrika.
11. Define Sutra neti.
12. Define Bandhas.

PART - B

Answer any FIVE questions:

(5*4=20)

13. Describe kriya yoga and its Principles.
14. Explain – International yoga day.
15. Describe the yoga for Health and Wellness.
16. Write the Guidelines for practicing Asana.
17. Write any five benefits of Prone Position Asanas.
18. What are the benefits of practices in Kapalabhati?
19. Describe Neti practice techniques and benefits.
20. Describe Trataka practice techniques and benefits.

PART - C

Answer any THREE questions:

(3*10=30)

21. Briefly explain meaning, definition, origin and history of Yoga.
22. Briefly explain effect of yoga practices on Digestive System.
23. Briefly explain effect any two Back bend Asana practice step method, cautions and Benefits.
24. Explain about Bhastrika and Bhramari practicing methods, cautions and Benefits.
25. Briefly explain Maha Bandhas techniques and Benefits.

