

**VINAYAKA MISSION'S RESEARCH FOUNDATION, SALEM****B.P.E.S. DEGREE EXAMINATION – November 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. What is Yoga?
2. Astanga yoga.
3. What is Relaxation.
4. Self Management.
5. Bandhas.
6. Hypertension.
7. Kundalini Sakthi.
8. Super Consciousness.
9. What are the Causes of Bronchial Asthma?
10. Mudras.
11. Enumerate way to boost Self Confidence.
12. Types of Positions in Asanas?

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

13. Need and Important of science of Yoga Education.
14. Explain Yoga for Self Development?
15. Discuss harmony of living through Yogic Way?
16. Enumerate Modern Development in Yoga?
17. Explain the Psychological benefits of yoga?
18. Describe yoga practice for different stages of life.
19. Write in detail about Hypertension and Mental Illness.
20. Write the role of yoga to prevent sports Injuries?

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

21. Explain the physiological Benefits of yoga.
22. Aim and objective of science of Yoga Education
23. Enumerate yoga practice for different kind of diseases.
24. Write a neat diagram of Twelve Steps of suryamamaskar postures.
25. Explain about the power of subconscious mind.