

2020

**YOGIC SCIENCES**

**Paper: MPCC 103**

**Full Marks: 70**

*The figures in the margin indicate full marks.*

*Candidates are required to give their answers in their own words*

*as far as practicable.*

**Answer all questions**

1. What do you mean by Yoga? Explain in detail about the history of Yoga. Write about the present trends of Yoga. 3+7+5

*Or,*

Write down different schools of Yoga? Explain elaborately about Raja Yoga.

‘Yogah Chittabritti Nirodha’ – Explain.

4 +6+5

2. Discuss elaborately about Kriyas and mention its types. Explain any one of the Kriyas with its merits and demerits. 6+9

*Or,*

Explain in detail about Pranayama and mention its types. Write down the process of performing Anulom Vilom Pranayama and Sitali Pranayama. 9+6

3. What is your concept about Meditation? Explain the effect of meditation on different systems on human body. 6+9

*Or,*

Do you think Pranayamas are helpful for the players? – justify your answer. Explain the effect of Pranayama on the respiratory system of the human body. 6+9

**Please Turn Over**

(2)

4. Write short notes on the following topics (any two):

7.5x2

- (a) Yoga for positive health
- (b) Application of Yoga in Sports
- (c) Relaxation through Yoga
- (d) Management of Diabetes through Yoga

5. Answer the MCQs by choosing the right option given below and writing it down on your answer script (any ten)

1x10

i) Fill in the blank: Yogah Kormeshu \_\_\_\_\_?

- a) Kushalam
- b) Kaushalam
- c) Kaushyalam
- d) Kushalang

ii) 'Yuj' means -

- a) Union
- b) Asana
- c) Pranayaa
- d) None of these

iii) Find the odd one from the following:

- a) Rishi Patanjali
- b) Swami Kuvalananda
- c) Swami Vivekananda
- d) Sadananda

iv) Ujjaiyee is a

- a) Bandha
- b) Kriya
- c) Pranayama
- d) Mudra

v) Find the odd one from the following:

- a) Khechori
- b) Aswini
- c) Joni
- d) Nauli

Please Turn Over

(3)

vi) Viparitkarani is a

- a) Mudra
- b) Bandha
- c) Relaxative pose
- d) None of these

vii) Full form of AYUSH is

- a) Ayurveda, Yoga, Union, Siddha and Homeopathy
- b) Ayurveda, Yoga, Unani, Siddha and Homeopathy
- c) Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homeopathy
- d) Ayurveda, Yoga, Naturopathy, Unani, Siddha and Homeopathy

viii) Makarasana is a

- a) Meditative Posture
- b) Relaxative Posture
- c) Both (i) and (ii)
- d) Type of plyometric exercise

ix) Paschimottanasana is a therapeutic asana for

- a) Management of Diabetes Mellitus
- b) Management of Asthama
- c) Reducing High Pressure
- d) None of these

x) Parts of Yama are

- a) Ahimsha, Satya, Saucha, Asteya & Aparigraha
- b) Ahimsha, Satya, Asteya, Brahmacharya & Aparigraha
- c) Ahimsha, Satya, Santosha, Brahmacharya & Aparigraha
- d) Ahimsha, Satya, Asteya, Tapas & Aparigraha

xi) AYUSH was established on

- a) 29<sup>th</sup> November, 2014
- b) 19<sup>th</sup> November, 2004
- c) 09<sup>th</sup> November, 2014
- d) 09<sup>th</sup> November, 2004

xii) Yoga institute of India is/are:

- a) Kaivalyadhama
  - b) Vivekananda Kendram
  - c) Shibananda Ashram
  - d) All of the above
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