

2024

YOGIC SCIENCES

Course : 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.*

1. Enlighten the meaning of Yoga. Describe any two schools of Yoga in detail. Elaborate the acts of Yoga as medicine on mind and body, highlighting its psychological and physiological benefits. 3+4+8

Or,

What is Complementary Alternative Medicine (CAM)? Explain the significance of Yoga as CAM in improving health and well-being. Discuss how Yoga integrates physical, mental and spiritual aspects for holistic health. 3+4+8

2. Define Kriya and explain its meaning. Discuss the different types of Kriya. Explain the techniques of Kriya and their role in cleansing the body and mind. 3+5+7

Or,

Explain the meaning of Meditation. Differentiate various types of Meditation with example. Discuss the techniques of Meditation and its benefits for mental and emotional well-being. 3+5+7

3. Why practice of Kriya is important for human being? Discuss the specific effects of Kriyas on the digestive and respiratory systems. 5+5+5

Or,

What is Pranayama? Explain the effects of Pranayama on the cardiovascular systems. How does Pranayama develop physical and mental well-being? 5+5+5

4. Write notes on the following (*any two*) : 7½×2

- Role of Yoga in promoting health and wellness
- Managing anxiety and sleep quality through Yoga
- Importance of Yoga for prevention and recovery of athletic injuries
- Role of Yoga for improving sports performance.

Please Turn Over

(0665)

5. Answer the following MCQs by selecting the correct option from those given below and writing it on your answer-script (*any ten*) : 1×10

- (a) What does the word 'Yoga' mean?
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|-----------------|-------------------|
| (i) Balance | (ii) Union |
| (iii) Breathing | (iv) Flexibility. |
- (b) Which of the following is not a traditional school of Yoga?
- | | |
|-------------------|------------------|
| (i) Raja Yoga | (ii) Hatha Yoga |
| (iii) Bhakti Yoga | (iv) Power Yoga. |
- (c) Which system of the body benefits the most from Kriya practices?
- | | |
|------------------------|------------------------|
| (i) Skeletal system | (ii) Nervous system |
| (iii) Digestive system | (iv) Endocrine system. |
- (d) What is the main goal of practicing Pranayama?
- | | |
|-------------------------|------------------------|
| (i) Flexibility | (ii) Control breathing |
| (iii) Building strength | (iv) Reducing weight. |
- (e) Meditation primarily influences which part of the body.
- | | |
|------------------------------|----------------------------|
| (i) Brain and nervous system | (ii) Cardiovascular system |
| (iii) Digestive system | (iv) Muscular system. |
- (f) Asanas primarily focus on which aspect of the body.
- | | |
|--------------------------|------------------------------|
| (i) Bone strength | (ii) Flexibility and posture |
| (iii) Circulatory system | (iv) Nutrient absorption. |
- (g) Which of the following is considered a benefit of Yoga as Complementary Alternative Medicine (CAM)?
- | | |
|---------------------------|---------------------------------|
| (i) Diagnosis of diseases | (ii) Treatment of symptoms only |
| (iii) Holistic healing | (iv) Replacement for surgery. |
- (h) What is the primary purpose of Kriya?
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|------------------------|------------------------------|
| (i) Relaxation | (ii) Cleansing the body |
| (iii) Building muscles | (iv) Increasing flexibility. |
- (i) Which Asana is recommended for improving digestion?
- | | |
|----------------|--------------------|
| (i) Padmasana | (ii) Vajrasana |
| (iii) Tadasana | (iv) Bhujangasana. |

- (j) What effect does Pranayama have on the cardiovascular system?
- (i) Increases blood pressure
 - (ii) Reduces blood pressure
 - (iii) Causes irregular heartbeat
 - (iv) Reduces oxygen intake.
- (k) Which type of Yoga is the most beneficial for enhancing sports performance?
- (i) Bhakti Yoga
 - (ii) Power Yoga
 - (iii) Kundalini Yoga
 - (iv) Jnana Yoga.
- (l) What is the key benefit of Yoga for relaxation?
- (i) Enhances mental clarity
 - (ii) Improves digestion
 - (iii) Strengthens muscles
 - (iv) Improves joint mobility.
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