

2025

YOGA EDUCATION

Course : CC-201

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. Write the meaning and scope of Yoga. Discuss the importance of Yoga in Physical Education and Sports. 5+10

Or

Explain components of Patanjali's *Astanga Yoga*. 15

2. Explain the steps of *Hatha Yoga* in detail. 15

Or

Discuss the Yogic Teaching Methods in detail. 15

3. Elaborate on the effects of *Pranayama* for reducing mental stress. 15

Or

Explain the meaning and process of *Sudhi Kriyas* in details. 15

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

- (a) Mission of AYUSH
- (b) Concept of Karma Yoga
- (c) Sayam according to Yoga Sutra
- (d) Yoga studies in India.

5. Answer the following MCQs by choosing the correct option and writing it on your answer script (**any ten**) : 1×10

- (a) Which is the third posture of *Surya Namaskara*?

- (i) Padahasthasana
- (ii) Bhujangasana
- (iii) Parvatasana
- (iv) None of these.

- (b) Which is the best time to perform *Dhouti Kriya*?

- (i) Morning
- (ii) Afternoon
- (iii) Evening
- (iv) None of these.

Please Turn Over

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- (c) Which of the following *Mudras* is best suited for students' practice ?
 (i) Gyana Mudra (ii) Prana Mudra
 (iii) Surya Mudra (iv) Prithvi Mudra.
- (d) Benefit of *Sitali Pranayama* is
 (i) it eliminates insomnia (ii) it quenches thirst
 (iii) it removes acidity (iv) All of these.
- (e) Which *Asana* is known as the king of asanas?
 (i) Bhadrasana (ii) Shirshasana
 (iii) Siddhasana (iv) Salbhasana.
- (f) *Jal Neti* is a part of
 (i) Suddhikriya (ii) Pratyahara
 (iii) Pranayama (iv) Meditation.
- (g) Number of parts of *Hatha Yoga* is
 (i) two (ii) three
 (iii) four (iv) None of these.
- (h) Who is the founder of *Yoga Sutra*?
 (i) Maharshi Ved Vyas (ii) Maharshi Patanjali
 (iii) Maharshi Kapil Muni (iv) Maharshi Hiranya Garbha.
- (i) In practice of *Bhamri Pranayama* the *Purak* (inhalation) should be done through
 (i) right nostril (ii) left nostril
 (iii) both nostril (iv) None of these.
- (j) Which of the following is not a part of *Satkarma*?
 (i) Tratak (ii) Dhouti
 (iii) Nauli (iv) Uddiyan.
- (k) Which of the following asanas is done in the sitting position?
 (i) Ardhamatsendrasana (ii) Tadasana
 (iii) Trikonasana (iv) Halasana.
- (l) Which of the following Yogas is related to purification?
 (i) Bhakti Yoga (ii) Raj Yoga
 (iii) Hatha Yoga (iv) Karma Yoga.
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