

2025

YOGIC SCIENCE

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. Explain the concept of Yoga. Describe any two schools of Yoga with their principles and practices. Discuss Yoga as a mind-body discipline, highlighting its role in mental balance and physical health. 3+4+8

Or

Define complementary and alternative medicine (CAM). Explain the role of Yoga as CAM in disease prevention and health promotion. Discuss the contribution of Yogic practices for holistic development of an individual. 3+4+8

2. Define Asanas and explain its classification. Describe the technique of four important Asanas and discuss their significance in maintaining physical and mental health. (3+4)+8

Or

Explain the meaning of Pranayama. Classify Pranayama with suitable example. Describe the techniques of any two Pranayama and explain its importance in regulating vital energy. 3+5+7

3. What are Kriyas? Discuss the effects of Kriyas on human body. 5+10

Or

What is Meditation? Explain its need in modern life. Discuss the effects of Meditation on the nervous system and emotional stability of an individual. 5+5+5

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

- (a) Role of Yoga in stress management
- (b) Yoga for prevention of lifestyle diseases
- (c) Therapeutic importance of Yoga
- (d) Role of Yoga in relaxation and recovery.

Please Turn Over

(3815)

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

- (a) The literal meaning of Yoga is
- | | |
|---------------------|--------------------|
| (i) discipline | (ii) union |
| (iii) concentration | (iv) purification. |
- (b) Which Yoga emphasizes devotion and surrender?
- | | |
|-------------------|-----------------|
| (i) Karma Yoga | (ii) Jnana Yoga |
| (iii) Bhakti Yoga | (iv) Raja Yoga. |
- (c) Which Kriya is mainly associated with cleansing the nasal passage?
- | | |
|-------------|-------------|
| (i) Dhauti | (ii) Neti |
| (iii) Nauli | (iv) Basti. |
- (d) Which Asana helps in improving posture?
- | | |
|-----------------|-----------------|
| (i) Vajrasana | (ii) Tadasana |
| (iii) Padmasana | (iv) Shavasana. |
- (e) Pranayama mainly regulates
- | | |
|-------------------------------|------------------------|
| (i) blood circulation | (ii) muscular strength |
| (iii) breath and vital energy | (iv) joint mobility. |
- (f) Meditation primarily improves
- | | |
|-----------------|--------------------|
| (i) flexibility | (ii) concentration |
| (iii) digestion | (iv) muscle tone. |
- (g) Yoga as CAM focuses on
- | | |
|-------------------------|----------------------------|
| (i) emergency treatment | (ii) surgical intervention |
| (iii) holistic healing | (iv) drug therapy only. |
- (h) Which Asana is best for relaxation?
- | | |
|-------------------|-------------------|
| (i) Shavasana | (ii) Bhujangasana |
| (iii) Trikonasana | (iv) Dhanurasana. |
- (i) Regular practice of Yoga helps in
- | | |
|-----------------------|----------------------------|
| (i) increasing stress | (ii) improving immunity |
| (iii) causing fatigue | (iv) reducing flexibility. |
- (j) Which Yogic practice is mainly related to mental control?
- | | |
|------------------|----------------|
| (i) Asana | (ii) Pranayama |
| (iii) Meditation | (iv) Kriya. |

- (k) Practice of Kriya-yoga was popularized among general population by
- (i) Swami Vivekananda
 - (ii) Swami Pranabananda
 - (iii) Yogiraj Shyama Charan Lahiri
 - (iv) Rishi Arobinada.
- (l) Which are the fifth and sixth 'Angas' of Maharshi Patanjali's Astanga-yoga?
- (i) Asana and Pranayama
 - (ii) Yama and Niyama
 - (iii) Pratyahara and Dharana
 - (iv) Kriya and Meditation.
-