

(6 pages)

Reg. No. :

**Code No. : 20670 E Sub. Code : SMPE 21/
AMPE 21**

B.Sc. (CBCS) DEGREE EXAMINATION, APRIL 2021.

Second Semester

Physical Education — Core

THEORIES OF YOGA

(For those who joined in July 2017 onwards)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer.

1. Who is called the Father of Yoga?
(a) Mahatma Gandhi (b) Vivekanandar
(c) Ramakrishnar (d) Patanjali
2. The word Yoga is derived from the Sanskrit term
(a) Uji (b) Yuj
(c) Juy (d) Iuj

3. Asana means
- (a) Self control (b) Posture
- (c) Non-violence (d) Focusing
4. A Peacock posture asana is
- (a) Mayurasana (b) Halasana
- (c) Dhanurasana (d) Sarvangasana
5. Halasana is _____ posture.
- (a) Rat (b) Cobra
- (c) Plugh (d) Moon
6. The final pose of Bhujangasana is like a
- (a) Lamp (b) Table
- (c) Tree (d) Cobra
7. In Pranayama the inhalation through left nostril makes our body
- (a) warm (b) cool
- (c) fatigue (d) stiff

8. Dhauti cleanse the
- (a) Mouth (b) Ear
- (c) Nasal (d) Eyes
9. In Kapalabhati practice the Frontal brain is cleansed by means of _____.
- (a) Water (b) Cloth
- (c) Air (d) Tube
10. Dhyana means
- (a) Non-violence (b) Control
- (c) Posture (d) Meditation

PART B — ($5 \times 5 = 25$ marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Write down the Patanjali Second Sutra and explain it.

Or

- (b) Write down the meaning of Yoga.

12. (a) Explain the third anga in Raja Yoga.

Or

(b) What is pranayama?

13. (a) Write down the supine position asanas and its postures.

Or

(b) Write down the standing position asanas and its postures.

14. (a) Elaborate Jalandra Bandha.

Or

(b) Describe the following :

(i) Puraka

(ii) Kumbhaka and

(iii) Rechaka.

15. (a) What is Kriya? Explain it.

Or

(b) Explain mantra meditation.

PART C — ($5 \times 8 = 40$ marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Elaborate the History of Yoga.

Or

- (b) Explain concepts of Yoga.

17. (a) Explain Bahiranga Yoga.

Or

- (b) What are the ways authors classified the asanas? Explain it.

18. (a) Describe the procedure of doing Sukhasana.

Or

- (b) Explain King of Asana and its benefits.

19. (a) Write down the types of Nadis and explain it.

Or

(b) Explain the Breathing Ratio for different levels.

20. (a) Explain the type of Kriyas.

Or

(b) Explain procedure of doing Jala Neti.
