

M. P. Ed 1st Semester Examination 2016
Yogic Science
MPCC – 103

Full Marks – 70

Time – 3 Hours

*The figures in the margin indicate full Marks.
The candidates are required to give their answers in their own words as far as practicable.
Illustrate the answer wherever necessary.*

1. i) What do you mean by the word 'Yoga'? (ii) Give two suitable definitions of 'Yoga'.
(iii) Describe in details different school of 'Yoga'. 3+3+9

OR

- i) Explain the term Complementary Alternative Medicine. ii) Describe the role of yoga as Complementary Medicine. iii) Can Yoga play a significant role as mind-body medicine? 4+6+5
2. i) What is Kriyas? ii) What are the types of Kriyas? iii) Describe in details the techniques of Dhouti Kriya. 2+6+7

OR

- i) "Pranayama is the take-off from external Yoga to internal Yoga" – elucidate the statement. ii) Describe in details the techniques of "Shitali" and "Bhramari" pranayama. 7+4+4
3. i) How "Jala Neti" helps to cure acute respiratory obstruction at nasopharyngeal process. ii) Describe the role of curative poses of Asanas on human circulatory system. 7+8

OR

- i) How pranayama improve the activities of corticoid hormone in human body. ii) Describe the role of meditation to improve will force. 8+7
4. i) Discuss the role of Yogic practices to improve and maintain Wellness. ii) Describe the role of Yogic practice to maintain physical relaxation. 8 +7

OR

- i) May Yoga be considered as therapy? ii) Describe the role of Yoga in maintaining sports performance? 8+7
5. Write notes on any five of the following: 2.5 X 4
a) Kapalbhatai b) Yoga and regeneration Exercise c) Muladhara Bandha d) Trataka e) Nirguna Meditation.