For All OE III Semester M.B.A. (CBCS) Degree Examination, Jan/Feb. 2019
PHYSICAL EDUCATION
Yoga and Wellness (Open Elective)

Time : 3 Hours

Instructions: Section – A : Answer any ten.
Section – B : Answer any four questions.
Section – C : Answer any three questions.

Max. Marks : 70

SECTION – A

Answer any ten of the following questions. Each answer shall not exceed four lines:

(10×2=20)

1. a) Yama
b) Yogic food
c) Meditation
d) Proteins
e) Kumbhaka
f) Karma yoga
g) Pratyahara

P.T.O.
h) Mudras

i) Nutrition

j) Yoga Sutra

k) Shat Kriya

l) Pancha Prana

SECTION – B

Answer any four of the following questions. Each answer shall not exceed one page:

(4x5=20)

2. What is yoga according to Patanjali Maharshi? Explain the benefits of yoga.

3. Explain the concepts of yoga.

4. Describe the importance of Pranayama.

5. Explain the importance of proximate principles of Diet in carbohydrate.

6. Explain the effect of practicing Kapalabhati on respiratory system.

7. Explain the Pancha Niyamas.
Answer any three of the following questions. Each answer shall not exceed two pages:

(10x3=30)

8. Discuss Pancha Kosha (The Five Sheaths).

9. Explain eight fold path of yoga.

10. Write the different types of Pranayama and explain any two of them.


12. Explain the effect of Yogasanas on physiological functioning of Human body.