III Semester M.P.Ed. Examination, December 2016
(CBCS)
PHYSICAL EDUCATION
MPOEC-301 : Yoga and Wellness (Open Elective)

Time : 3 Hours  Max. Marks : 70

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

SECTION – A

Answer any ten of the following. Each answer shall not exceed four lines : (2x10=20)

1. A) Yoga
   2. B) Yama
   3. C) Khosa
   4. D) Dhyana
   5. E) Pranayama
   6. F) Asana
   7. G) Vitamins
   8. H) Niyama

P.T.O.
I) Concentration
II) Relaxation
III) Meditation
IV) Kriya

SECTION – B

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

2. Define Yoga and explain the objective of Yoga.
   'Yoga' is the union of the individual soul with the universal soul.

3. Describe the importance of yoga.
   Yoga is the path to inner peace.

4. Explain the benefits of Pranayama.
   Pranayama helps in reducing stress and fatigue.

5. Explain the benefits of Meditation.
   Meditation helps in achieving inner peace.

6. Explain the effect of practicing Kriyas on physiological functions.
   Kriyas help in improving the digestive system.

7. Explain the effect of practicing Pranayama on Respiratory system.
   Pranayama helps in improving the respiratory system.
SECTION - C

Answer any three of the following questions. Each answer shall not exceed two pages.

8. Write on the important benefits of yoga.
   (10 marks)

9. Explain the eight limbs of yoga.
   (10 marks)

10. Explain the benefits of Mudras.
    (10 marks)

11. What is nutrition? Explain the Yogic diet.
    (10 marks)

12. Write on the effect of Kapalabathi.
    (10 marks)