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
   ಯೋಗ
B) Yama
   ಯಮ
C) Kusa
   ಕುಷ
D) Dhyana
   ಧೇನ
E) Pranayama
   ಪ್ರಾನಯಾಮ
F) Asana
   ಆಸನ
G) Vitamins
   ವಿಟಾಮಿನ್
H) Niyama
   ನಿಯಮ
SECTION-B

Answer any four of the following questions. Each answer should not exceed one page. (5×4=20)

2. Define Yoga and explain the objective of Yoga.

3. Describe the importance of yoga.

4. Explain the benefits of Pranayama.

5. Explain the benefits of Meditation.

6. Explain the effect of practicing Kriyas on physiological functions.

7. Explain the effect of practicing Pranayama on Respiratory system.
SECTION – C

Answer any three of the following questions. Each answer shall not exceed two pages. (10×3=30)

8. Write on the important benefits of yoga.

9. Explain the eight limbs of yoga.

10. Explain the benefits of Mudras.

11. What is nutrition? Explain the Yogic diet.

12. Write on the effect of Kapalabathi.
INSTRUCTIONS TO CANDIDATES

1. Immediately after the commencement of the Examination, you should check that this Booklet does not have any unprinted or torn or missing pages or items, etc. If any of the above defects is found, get it replaced by a Complete Question Booklet of the available series.

2. Write clearly the Question Booklet Version Code A, B, C, D or E, in the appropriate space provided for the purpose, in the OMR Answer Sheet.

3. Enter the name of the Subject, Reg. No., Question Booklet version code and affix Signature on the OMR sheet. As the answer sheets are designed to suit the Optical Mark Reader (O.M.R.) system, special care should be taken to fill those items accurately.

4. This Question Booklet contains 55 questions, Part - A contains 40 questions of one mark each and Part - B contains 15 questions of two marks each. All questions must be attempted. Each question contains four answers, among them one correct answer should be selected and shade the corresponding option in the OMR sheet.

5. All the answers should be marked only on the OMR sheet provided and only with a black or blue ink ball point pen. If more than one circle is shaded / wrongly shaded / half shaded for a given question no marks will be awarded.

6. Immediately after the final bell indicating the closure of the examination, stop making any further markings in the OMR Answer Sheet. Be seated till the OMR Answer Sheet is collected. After handing over the OMR Answer Sheet to the Invigilator you may leave the examination hall.
Note: English version of the instructions is printed on the front page of this booklet.
PART - A

Instructions: 1) Answer all questions.
              2) Answer either in Kannada or English.

I. Choose the correct answer of the following: (1x40=40)

1. Aparigraha means _____________
   a) Non stealing
   b) Non possessive
   c) Non violent
   d) None of the above

2. The mind is ____________
   a) Functions of the brain
   b) Not exist without brain or body
   c) Grossest level of the mind
   d) All of the above

3. Padahastasana is mainly beneficial for ___________
   a) Menstrual disorders
   b) Diabetes Mellitus
   c) Hypertension
   d) None of the above

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4. Sarvangasana is good for __________
   a) Back pain
   b) Blood Pressure
   c) Obesity
   d) Thyroid

5. The only posture one can practice even after the food is __________
   a) Padahastasana
   b) Savasana
   c) Vajrasana
   d) None of the above

6. Agnisara is a __________
   a) Kriya
   b) Bandha
   c) Mudra
   d) None of the above

7. __________ Mudra will be adopted while practising Yogic Breathing.
   a) Chinmaya
   b) Adi
   c) Brahma
   d) Nasika

8. Karma means __________
   a) Good action
   b) Bad action
   c) No action
   d) All of them

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D
9. The key to get realization through Jnana Yoga
   a) Intellect  b) Action  c) Prema  d) Will power

10. The Divine character is
    a) Forgiveness  b) Pride  c) Arrogant  d) None of the above

11. The common error in the breathing is
    a) Slow  b) Shallow  c) Deep  d) Rhythmic

12. The proper breathing is
    a) Slow  b) Long  c) Deep  d) All of the above

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13. Pranayama means __________
   a) Mastery over the mind
   b) Mastery over the Prana
   c) Panch Prana
   d) None of the above

14. Resonance Pranayama is __________
   a) Bramari
   b) Nadi suddi
   c) Sadanath
   d) Bhashrika

15. The Bad Karma is __________
   a) Karma
   b) Vikarma
   c) Akarma
   d) All of the above

16. The path of Jnana Yoga is __________
   a) Self Analysis
   b) Self Control
   c) Self Sacrifice
   d) None of the above

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17. Yoga is the technique to calm down the mind is from ____________
   a) Astanga Yoga  
   b) Vasista Yoga  
   c) Karma Yoga  
   d) Jhana Yoga

18. The Excretory System is the function of ____________
   a) Samana  
   b) Apana  
   c) Udana  
   d) Pana

19. Skill in action is described in ____________
   a) Bhagavad Gita  
   b) Vasista Yoga  
   c) Karma Yoga  
   d) Jhana Yoga

20. Bija Mantra in Surya Namaskara is to stimulate ____________
   a) Brain Cells  
   b) Brain Tissues  
   c) Heart Cells  
   d) Heart Tissues

21. Happiness means ____________
   a) Bliss  
   b) Silence  
   c) Reality  
   d) All of them

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22. Pratyahara comes after ___________ in Astanga Yoga.
   a) Yama  
   b) Dharana  
   c) Pranayama  
   d) Samadhi

23. Bhakti is meant to deal with ___________.
   a) Annamaya Kosha  
   b) Manomaya Kosha  
   c) Vijyanamaya Kosha  
   d) None of the above

24. Handling the mind directly is ___________.
   a) Antaranga Yoga  
   b) Bahiranga Yoga  
   c) Hatha Yoga  
   d) Kundalini Yoga

25. ___________ is the science of Holistic Living.
   a) Asana  
   b) Pranayama  
   c) Yoga  
   d) None of the above

26. Kapala Bhati is ___________.
   a) Breathing  
   b) Pranayama  
   c) Kriya  
   d) None of the above

27. The Asana is the ___________ limb of Astanga Yoga.
   a) 2\textsuperscript{nd}  
   b) 3\textsuperscript{rd}  
   c) 4\textsuperscript{th}  
   d) 7\textsuperscript{th}
28. The objective of physical exercise is 
   a) To loosen the various joints
   b) To loosen the various organs
   c) To loosen the various systems
   d) None of the above

29. Diabetes Mellitus means 
   a) Sugar
   b) Blood Pressure
   c) Sweet Urine fountain disease
   d) All of the above

30. Insulin hormone is secreted by 
   a) Adrenal
   b) Pituitary
   c) Pancreas
   d) Thyroid

31. The Tamas Food is 
   a) Sour
   b) Impure
   c) Spicy
   d) All of the above

32. The characteristic of Rajas is 
   a) Active
   b) Calm
   c) Lazy
   d) All of the above

33. Astanga Yoga is based on 
   a) Vasista Yoga
   b) Bhagavad Gita
   c) Patanjali Yoga Sutras
   d) None of the above

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34. Will Power is the key of __________
   a) Raja yoga
   b) Bhakti yoga
   c) Karma yoga
   d) Jnana yoga

35. The key for Bhakti Yoga is __________
   a) Kama
   b) Prema
   c) Moha
   d) Bhakti

36. The Path of Karma Yoga is __________
   a) Self analyse
   b) Self sacrifice
   c) Self surrender
   d) None of the above

37. Dhyana means __________
   a) Focusing
   b) Defocusing
   c) Concentration
   d) None of the above

38. ‘Yu’ the meaning is __________
   a) Jeevaatma
   b) Paramaatma
   c) To join
   d) Yoga

39. Niyama means __________
   a) Sets of Do’s
   b) Sets of Don’ts
   c) Principle
   d) None of the above

40. The main form of Bhakti is described in __________
   a) Patanjali Yoga Sutras
   b) Naradha Bhakti Sutras
   c) Bhakti Yoga
   d) Bhagavad Gita
II. Choose the correct answer of the following: (2x15=30)

41. The beneficial postures for Diabetes Mellitus are ___________ and ___________.
   a) Bhujangasana and Dhanurasana
   b) Ustrasana and Ardha Chakrasana
   c) Chakrasana and Urdhva Mukhasana
   d) Vakrasana and Ardhamatsyendrasana

42. The main breathing practices for Back Pain are ___________ and ___________
   a) Hands In and Out and Ankle Stretch Breathing Exercises
   b) Shashankasana and Dog Breathing Exercises
   c) Tiger Breathing and Lumbar Stretch Breathing Exercises
   d) Alternative Leg Raising and both Leg Raising Breathing Exercises

43. The Patanjali Yoga Sutras consists of ___________ Padas and ___________ Sutras.
   a) 17 and 700
   b) 04 and 196
   c) 06 and 296
   d) 04 and 192

44. The main schools of yoga are ___________ and ___________
   a) School Hatha and Vaisista Yoga
   b) School Hatha and Patanjali Yoga
   c) School Patanjali and Raja Yoga
   d) None of the above

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45. The components of Yama are ________
   a) Sathyya, Ahimsa, Souch, Santhosha, Bramhacharya
   b) Sathyya, Ahimsa, Asteya, Aparigraha, Bramhacharya
   c) Satya, Tapas, Ishwara Pranidhana, Bramhacharya
   d) None of the above

46. According to Patanjali, ___________ is an asana.
   a) Stiram, Sukham
   b) Ciram, Sukham
   c) Sukham, Ciram
   d) None of the above

47. The main streams of Yoga are ___________ and ___________
   a) Raja Yoga and Jnana Yoga
   b) Kundalini Yoga and Astanga Yoga
   c) Astanga Yoga and Hatha Yoga
   d) None of the above

48. The conversation about Pancha Kosha Viveka is between ___________ and ___________
   a) Vasista and Rama
   b) Krishna and Arjuna
   c) Varuna and Brughu
   d) Bramha and Narada

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49. Surya Namaskar is the combination of ______ _______ and ________
   a) Loosening Exercises and Breathing Exercise
   b) Asana and Pranayama
   c) Dharana and Dhyana
   d) Shithilikarana Vyayama and Yogasana

50. The two aspects of the mind under Personality Development are ______
   a) Awareness and Relaxation
   b) Awareness and Alertness
   c) Creativity and Will Power
   d) None of the above

51. The two aspects of mind control prescribed by Maharshi Patanjali are ______
   a) Concentration and Silence
   b) Creativity and Will Power
   c) Analyses and Intellectual
   d) Mind and Ego

52. Misconception about yoga are _______ _______ and ________
   a) Joining Jeevatma and Paramatma
   b) Peace and Harmony
   c) Breathing Exercises and Siddhis
   d) None of the above

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53. The common errors in the breathing are
   a) Fast, Jerk, Shallow, Hazardness
   b) Slow, Rhythmic, Deep, Fast
   c) Yogic breathing, Continuous, Slow
   d) Rhythmic, Shallow, Slow, Fast

   a) Ida and Pingala
   b) Sushumna and Pingala
   c) Sushumna and Ida
   d) Ida, Pingala and Sushumna

55. The features of meditation are
   a) Bliss, Deeper Perception, Knowledge, Power
   b) Single thought, Slowness, Wakefulness, Lightness
   c) Focusing, Defocusing, Concentration, Jump within
   d) Multiple subjects, Multiple thought, Single subject, Single thought

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