

MODEL QUESTIONS
RANIGANJ GIRLS' COLLEGE
SUBJECT: EDUCATION
1st SEM GE-I
COURSE CODE: BAHEDCGE 101
YOGA EDUCATION

TIME: 2hrs

F.M.: 40

Answer any five questions.

1*5=5

A.

1. What is the etymological meaning of Yoga?
2. What is Yoga according to Maharshi Patanjali?
3. "Yoga Chittabritti Nirodh", What is the meaning of 'britti'?
4. How many Yogasutras are mentioned in the Yoga Shastra written by Maharshi Patanjali?
5. What is "Kumbhak"?
6. Write the name of the promoter of Rajyoga.
7. What is "Neti"?
8. What is "Tratok"?
9. Write one relaxation technique.
10. What is the meaning of "Padasebana".

Answer any five questions.

2*5=10

B.

1. What do you mean by Yoga?
2. Write two objectives of Yoga Education.
3. What is Srabana and Kirtana?
4. Write the definition of Bajhyakumbhaka.
5. What is Bipasana?
6. What is Asana?
7. What is Breathing?
8. Write the position of the hand in Anulom- Bilom Pranayama.
9. What is Karmayoga?
10. What is pranayama?

Answer any three questions

5*3=15

C.

1. What is Kriya? Discuss the importance of Yoga practices for healthy leaving.
2. Write the short note on Patanjali Yogasutra.
3. Yoga has been divided into how many parts of Gherandasamhita? Write it down shortly.

4. Discuss the contribution of Maharshi Patanjali in the field of yoga.
5. What do you mean by meditation? Write the benefits of pranayama.
6. Write the short note on Karmayoga.

Answer any one question

10*1=10

D.

1. Write the general guidelines for performance of the practice of yoga for the beginners.
2. What do you mean by relaxation? Discuss in detail the way of Yama and Niyama.
3. Explain in detail the meaning and concept of yoga in the history of Indian tradition.