

This question paper contains 2 printed pages]

Roll No.

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S. No. of Question Paper : 8048

Unique Paper Code : 2551214

F-II

Name of the Paper : Game of Specialization : Yoga [DC-1.4]

Name of the Course : B.P.Ed.

Semester : II

Duration : 3 Hours

Maximum Marks : 75

(Write your Roll No. on the top immediately on receipt of this question paper.)

Question paper consists of two parts, A and B.

The questions of Part A shall carry 5 marks each and

questions of Part B shall carry 20 marks each.

Attempt any three questions from Part A and

any three questions from Part B.

Part A



1. Write down the scopes of Yoga.

5

2. Explain briefly Yoga in Jainism period.

5

3. Write down the name of five Asanas perform in supine lying position.

5

4. Write down the importance of Pranayama.

5

5. Write down five life style diseases which can be cured through Yoga practices.

5

P.T.O.

Part B

6. Define Yoga and explain the importance of Yoga in the corporate world. 20
7. Explain Yoga in Vedic period. 20
8. What do you understand by the term 'Asana' ? Explain its importance in our day to day life. 20
9. What is shatkarma ? Explain its importance to our life. 20
10. What is Insomnia and how can you overcome through Yoga practices. 20