



[Time: 3 Hours]

[Max. Marks : 80]

YOGA & PHYSICAL CULTURE

QP Code: 2515

Your answers should be specific to the questions asked.
Draw neat labeled diagrams wherever necessary.

LONG ESSAY (Answer any two of the following)

2 X 10 = 20 Marks

1. Comparison between yogasan and physical exercises, with their effect on various systems of the human body
2. Define Asana and explain their physiological effect
3. Explain in detail about Chitha vrithi Samadhi, sampathi according to Pathanjali yoga sutras

SHORT ESSAY (Answer any eight of the following)

8 X 5 = 40 Marks

4. Ahimsa and shoucha
5. Source of Jnanayoga
6. Neuro physiology of pranayama
7. Trataka and its effects
8. Ishwara and yoga
9. Uddyana bandha and benefits
10. Kundalini Shakti
11. Mayurasana and its benefits
12. Pancamahabhuta and yoga

SHORT ANSWERS (Any Ten)

10 X 2 = 20 Marks

13. Padmasana
14. Limitation of Asanas
15. Benefits of mudras
16. Basti
17. Vipassana meditation method
18. Ida Nadi
19. Objectives of pranayama
20. Effects of exercises
21. YAMA
22. Yoga and personality development
23. Sleep and mind

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