



1. Define Asana. Write its classification, importance, methods, rules, benefits, regulations and limitations.
2. Explain in detail about the School of yoga. Add a note on Bhakti Yoga and Manthra yoga in Branches of Yoga.

SHORT ESSAYS

10 X 5 = 50 Marks

3. Applications of yoga
4. Briefly explain about breathing and lifespan.
5. Yogasana and Kundalini
6. Write the meaning, type, procedure, effects and benefits of Siddhasana.
7. Write the meaning, type, procedure, effects and benefits of Pachimothanasana.
8. Write the meaning, type, procedure, effects and benefits of Dhanurasana.
9. Briefly explain about suryanamaskara and its benefits.
10. History of yoga
11. Explain the procedure and importance of sectional and yogic breathing.
12. Explain Laya yoga in detail.

Multiple Choice Questions

10 X 1 = 10 Marks

13. Goal of yoga is
 - a) Attachment and union
 - b) Detachment and liberation
 - c) Attachment and mastery
 - d) Attachment and misery
14. Desha bandha chitasya _____
 - a) Dhyana
 - b) Samadhi
 - c) Dharana
 - d) None of the above
15. Jana Yoga means
 - a) Devotion
 - b) Emotion
 - c) Action
 - d) Knowledge





18. Manaha Prashamanopaya Yoga Ithyabidhiyate is defined by

- a) Yoga vashista
- b) BKS Iyanger
- c) Sri Aurobindo
- d) None

19. Samadhi is _____ Sadhana

- a) Antranga
- b) Bahiranaga
- c) Sharinka
- d) Vijanyak

20. 'Makarasna' means

- a) Crocodile Pose
- b) Bow Pose
- c) Cobra Pose
- d) Bridge Pose

21. "Ujjai Pranyama" means

- a) Single nostril breath
- b) Humming bee breath
- c) Bellow breath
- d) Psychic breath

22. _____ Neti in kriya

- a) Vamana
- b) Kapbhati
- c) Sutra
- d) Nauli

