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**CC 201**

**II Semester B.P.Ed. Degree Examination, September 2022**  
**PHYSICAL EDUCATION**  
**Yoga Education (New Syllabus)**

Time : 3 Hours

Max. Marks : 70

**Instructions :** 1) Answer **all** the questions.  
2) **Each** answer shall **not** exceed **6** pages.

1. a) Define yoga and explain its need and importance in physical education and sports. **15**
- OR
- b) Write on yoga in early upanishads. **15**
2. a) Explain the limbs of astanga yoga. **15**
- OR
- b) What is the message of Bhagavad-Gita about raja yoga and jnana yoga ? **15**
3. a) Explain the types of Bandhas and Mudras. **15**
- OR
- b) Discuss about effects of relaxative-meditative asana on circulatory system. **15**
4. a) Describe the importance of applied and action research in the field of yoga. **15**
- OR
- b) Explain the difference between yogic practices and physical exercise. **15**
5. Answer **any two** of the following : **(2×5=10)**
- a) Aims and objectives of yoga
- b) Pratyahara
- c) Kriyas
- d) Competitions in yogasanas.
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