

S. No. 2014

Roll No.....

Master of Physical Education
M.P.Ed./Semester-II-May -2016
Paper-MPE-803(xv) - Game of Specialization
(Yoga)

Time: 3 Hours

Maximum Marks: 50

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

Note: Attempt any five questions. All questions carry equal marks

- Q. 1. What do you mean by Ashtang yoga? Explain Yama & Niyama in detail. (10)
- Q.2. Explain Antaranga Yoga in detail? (10)
- Q.3. Write an essay on "Yoga and Sport". (10)
- Q.4. Write an essay on "Yoga for Healthy Life Style". (10)
- Q.5. Explain in detail the importance of meditation in relation to mental health of an Individual. (10)
- Q.6. What do you mean by teaching aids? Explain in detail the uses of teaching aids in Yoga classes. (10)
- Q.7. What is teaching method? Explain in detail the most suitable method used in Yoga teaching. (10)
- Q.8. Write short notes on **any two** of the following: (5,5)
- (a) Laya Yoga.
 - (b) Pranayama.
 - (c) Yoga and Research.