

Serial No. 2052 (xv)

Roll No.: \_\_\_\_\_

**MASTER OF PHYSICAL EDUCATION  
(M.P.Ed.) SEMESTER - II, May - 2017**

**Paper - MPE-0803 (xiv) : GAME OF SPECIALIZATION  
(YOGA)**

Time: 03 Hours.

Maximum Marks: 50

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

**Note: Attempt any FIVE questions. All questions carry equal marks.**

1. What do you mean by Astangyoga? Explain Mantra and Bhakti Yoga. (10)
2. Explain Anataranga Yoga in detail. (10)
3. Write an essay on "Yoga and Research" (10)
4. Write an essay on "Tratak". (10)
5. Explain in detail the importance of meditation in relation to mental health of an individual. (10)
6. Write short notes on any two of the following:- (10)
  - a) Bhujangasana (05)
  - b) Vajrasana (05)
  - c) Pascimottanasana (05)
7. Explain in detail the uses of teaching aids in Yoga classes. (10)
8. Write down the detail teaching lesson plan for Yogasana. (10)