

Serial No. 1153(xv)

Roll No.....

**MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER-II-2018**

**Paper: MPE-803 (xv): Game of Specialization
Yoga**

Time: 3 Hrs.

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 question carry equal marks.

- Q.1. Explain Ashtang yoga in detail. 10
- Q.2. Enlist types of yoga and explain Bhakti Yoga in detail. 10
- Q.3. What is Yoga? Explain Relationship between Yoga and Research. 10
- Q.4. Enlist meditative techniques and explain any one of them in detail. 10
- Q.5. Write short notes on any two:- (5x2=10)
- (a) Meditative Asanas
 - (b) Jala Nete
 - (c) Bandhas
- Q.6. Write the meaning of Teaching Aids and also explain their importance in Yoga Education. 10
- Q.7. Prepare a lesson plan on any two Asanas for 8th Standard. 10
- Q.8. Define Pranayam and explain any one Pranayam in detail. 10