

Name of the course : Master of Physical Education (M. P. Ed.)  
Semester : II-May/June-2024  
Name of the Subject : Physical Education  
Name of the paper : Game of Specialization-803 (xv) Yoga

Duration: 3 Hours

Maximum Marks: 50 Marks

Instruction to Candidates:

- Attempt any five questions
- All questions carry equal marks

Q1. Enlist types of Yoga and explain Bhakti Yoga in detail.

Q2. Explain Patanjali's Bahiranga yoga in detail.

Q3. Write an essay on "Yoga and Sports"

Q4. Explain in detail the importance of yoga for healthy lifestyle.

Q5. Explain 'Tratak' in detail.

Q6. Prepare a teaching Lesson Plan on Meditative Asanas for class 6<sup>th</sup> standard.

Q7. Explain Hatha Yoga in detail.

Q8. Write Short Notes on any two of the following:

(a) Yama

(b) Pranayama

(c) Shaptachakras.

