

Your Roll No.....

Name of the course : Master of Physical Education (M. P. Ed.)
Paper No. : MPB-0703(xv)
Name of the paper : Game of Specialization: Yoga
Semester : I-December-2025
Duration : 3 Hours
Maximum Marks : 50 Marks

INSTRUCTIONS FOR CANDIDATES

Attempt any FIVE questions. All questions carry equal marks

- Q.1. Explain scope of Yoga in detail. (10)
- Q.2 Explain in detail responsibility of Yoga coach. (10)
- Q.3 Explain in detail the procedure, benefits and precautions of Halasana and Sarvang Asana. (10)
- Q.4 Explain Shetli Pranayama in detail. (10)
- Q.5 Explain Bandhas in detail. (10)
- Q.6 Explain Yoga diet in detail. (10)
- Q.7 Explain in detail how will you organise inter house Yogasana competition in your college. (10)
- Q8. Write short notes on any two: (5+5)
- a) Yogic Diet
 - b) Ujjai Pranayama
 - c) Bakasana
 - d) Protocols