

Name of the course
Paper No.

Name of the paper
Semester

Duration: 3 Hours

: Master of Physical Education (M. P. Ed.)
: MPE-0803(xv)
: Game of Specialization: Yoga
: II (May/June 2025)

Your Roll No.....

Maximum Marks: 50

Instructions for students

- Write your Roll. No. on the top right side of this question paper.
- Attempt any five questions.
- All questions carry equal marks.

Q1. Explain Hatha Yoga in detail.

Q2. Explain Yama & Niyama in detail.

Q3. Write an essay on "Yoga and Research".

Q4. Write an essay on "Yoga for Healthy Lifestyle".

Q5. Explain 'Tratak' in detail in reference to Meditation.

Q6. Explain in detail the utility of coaching aids to prepare your college yoga team.

Q7. Explain Mantra Yoga in detail.

Q8. Write short note on any two:

- a) Raj Yoga
- b) Corporate Yoga
- c) Preksha Dhyan (Meditation)
- d) Explain the importance of teaching aids for yoga classes.