

Name of the Course : Master of Physical Education (M.P.Ed.)
Name of the Paper : Game of Specialization:Yoga MPE-803-(xv)
Semester : II (May/June-2026)
Duration : 3 Hours
Maximum Marks : 50 Marks
Instructions for Candidates

Attempt any five questions
All questions carry equal marks

- Q1. What is Hatha Yoga ? Explain in detail the fundamental principles of hatha yoga. 10
- Q2. Write a detailed essay on the relationship between Yoga and Sports. 10
- Q3. Write an essay on corporate yoga. 10
- Q4. Explain Anataranga Yoga in detail . 10
- Q5. Explain in detail the importance of meditation for an individual's mental health. 10
- Q6. Write short notes on any two:- 5+5=10
- 1) Halasana 2) Ardha Matsyandrasana
3) Anulomviloma 4) Jalneti
- Q7. Explain about Diabetes disease and their yogic treatment. 10
- Q8. Explain the importance of yoga in sports performance. 10