

**OPEN BOOK EXAMINATION SCHEME-2020
MASTER OF PHYSICAL EDUCATION
M.P.Ed. Sem. I, MARCH- 2021**

PAPER MPE -0703 (xv)

GAME OF SPECIALIZATION: (YOGA)

Instruction for students:-

- a) Attempt any **FOUR QUESTIONS**. All questions carry equal marks.
- b) The duration of question paper is of **4 hours duration out of which** the student is provided with **3 hours for answering** the question paper and **1 hour is given for** downloading the question paper, scanning the answer sheet in PDF format and uploading the scanned PDF of the answer sheet on the portal.

Maximum Marks: 50

- Q1. Explain in detail the importance of yoga in our daily life.**
- Q2. Explain in detail the responsibilities of technical officials related to yoga championship.**
- Q3. What is shatkaram? Explain in detail Netikriya.**
- Q4. Explain in detail how you will organize inter-college yoga championship.**
- Q5. Explain in detail the role of sports drinks and minerals in Yogic diet.**
- Q6. Explain in detail Bhramari Pranayama.**