



'সমানো মন্ত্র: সমিতি: সমানী'

UNIVERSITY OF NORTH BENGAL

B.A. Sec 1st Semester Examination, 2023

UEDCSEC11001-EDUCATION

YOGA EDUCATION

Time Allotted: 2 Hours

Full Marks: 40

The figures in the margin indicate full marks.

GROUP-A

Answer any five questions from the following

1×5 = 5

1. Which day is celebrated as International Yoga Day?
2. What do you understand by the term 'health'?
3. What is Astanga Yoga?
4. What is meditation?
5. Mention any three asanas for preserving mental health.
6. What do you mean by yoga education?
7. What do you mean by Pranayam?
8. Write any two names of Hindu scriptures of Yogic Texts.

GROUP-B

Answer any three questions from the following

5×3 = 15

9. Discuss the aims and objectives of Yoga Education. 2+3
10. Discuss the Yogic principles of healthy living. 5
11. Discuss the Yogic perspective of healing and health. 2+3
12. Write about 'Niyama' as one of the parts of Astanga Yoga. 5
13. Explain the importance of meditation in our every day lives. 5

GROUP-C

Answer any two questions from the following

10×2 = 20

14. Trace the history of Yoga as a discipline. 10
15. Discuss the classification of Yoga. 10
16. Explain disease from Yogic perspective. 10
17. Write a detailed note on meditational process. 10

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