

**VINAYAKA MISSION'S RESEARCH FOUNDATION, SALEM****B.P.E.S./ B.Sc(P.Ed) DEGREE EXAMINATION – November 2018****Second Semester****SCIENCE OF YOGA EDUCATION**

Time: Three hours

Maximum: 75 marks

**PART – A (10 x 2 = 20 marks)**Answer any **TEN** questions. All questions carry equal marks.

1. Define term mudras.
2. Two objectives of yoga.
3. Define bandhas.
4. Power of mind.
5. Write one definition of modern yoga.
6. Define term consciousness.
7. Astanga yoga.
8. Write any two benefits of yoga.
9. Define term surya namaskar.
10. Hypertension.
11. Define pranayama.
12. Define asthma.

**PART – B (5 x 5 = 25 marks)**Answer any **FIVE** questions. All questions carry equal marks.

13. Explain the term consciousness.
14. Explain the objectives Yoga.
15. Write Effect of yoga on hypertension persons.
16. Write a short note on mental illness.
17. Define pingaiab.
18. Write importance of yoga for health.
19. Write types of asanas.
20. Explain term sub consciousness.

**PART – C (3 x 10 = 30 marks)**Answer any **THREE** questions. All questions carry equal marks.

21. Yoga is helpful for asthma persons, Explain.
22. Explain origin and types of mind.
23. Write notes on (a) obesity (b) Diabetic (c) super consciousness.
24. Explain philosophy of yoga in detail.
25. Write notes on (a) viparitakarani (b) sushumna.

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