

M.P.Ed. SEM-I, 2022

Paper: M. P.E -0703 (Xv) Games of spl.(Yoga)

Time: (3 Hr+ 1 Hr*)

Maximum Marks 50

* 1 hr for downloading the question paper, scanning the answer sheet and uploading it.

Note: Attempt any four questions, all questions carry equal marks

Q.1.Explain limitation and misconception of Yoga in detail.

Q.2 Explain Hathayoga in detail.

Q.3 Explain in detail the procedure, benefits and precautions of Shalabh Asana and Bhujang Asana

Q.4. Explain Bhastrika Pranayam in detail.

Q.5 Explain Jala Neti in detail.

Q.6 Explain Sports Nutrition in detail.