**Mata Jhandewalan Education,Agra**

**B.Ed. IInd YEAR**

**Question Bank 2020**

**Paper – Yoga Education**

**1. The primary function of “Prana” is Objective type questions: (1 Mark Each)**

a) **Respiration** b) Digestion

c) Elimination d) Circulation

**2. The word “pranayama” refers to**

a) meditation b) relaxation

**c) breathing control** d) none

**3.The word ‘’yuj’’ means**

a) to yoke b) to join

c) to unite d) all of these

**4. Which of the following is one of the Five Principles of Yoga by Sivanandi?**

a) savasana b) bhakti

c) jnana d) tantra

**5. stabilize and focus the mind on one object, image, sound is**

a) Dharana b) Dhyana

c) Samadhi d) Pratyahara

**6. Yoga Consist of \_\_\_\_\_\_\_ Components**

a) Six b) Four

c) Eight d) nine

**7. Blood in our body is a**

a)Connective tissue b) Fluid connective tissue

**c) Epithelial tissue d) Muscular tissue**

**8. The appropriate amount of time to wait after a meal before beginning a yoga practice is**

a) 30 minutes b) 60 minutes

c) 90 minutes d) 2 hours

**9. Every Yoga teacher must start the practice session with**

a) Pranayama b) Asana

c) Kriya d) Silence

**10. Yoga was first referenced as a form of \_\_\_\_\_\_\_\_\_\_\_\_**

a) Asana b) Kabalapati

c) Meditation d) Balance diet

**11. The word “Yoga” is derived from**

a) Latin b) Urdu

c) Sanskrit d) Tamil

**12. Who compiled ‘Hathayoga pradipika’?**

a) Patanjali b) Gheranda

c) Svatmarama d) None of the above

**13. Delta waves occur frequency from \_\_\_\_\_\_\_ cycles per second**

a) 8 to 12 b) 30-100

c) 4 to 7 d) 1 to 4

**14. For small groups, the effective seating arrangement in teaching yoga is –**

a) Semi circular b) Circular

c) Row d) Column

**15. \_\_\_\_\_\_\_\_\_\_\_\_\_ help in the healthy functioning of the organism**

a) asanas b) pranayama

c) mudras d) none

**16. How many different Asanas does Suryanamaskar comprise of?**

a) 12 b) 7

c) 10 d) 8

**17. Asana are classified into \_\_\_\_\_\_\_\_\_\_\_ types**

a) 7 b) 3

c) 4 d) 8

**18. When shall be a Yoga lesson plan be prepared for an effective teaching?**

a) One week before the class b) Just before the class

c) One or two days before the class d) after completion of the class

**19. The word Pranayama means**

a) The regulation of energy b) The dissipation of energy

c) Subtle hand gestures d) the body strength

**20. The Yoga class usually begin with a**

a) A Prayer b) Suryanamaskar

c) Yogic Sukshma Vvayama d) Yogasana

**21. How many different types of kabalapathi?**

a) 6 b) 9

c) 4 d) 12

**22. What is the main therapeutic benefit of Kapalabhati practice?**

a) to remove kapha disorders b) to remove pitta disorders

c) to remove vata disorders d) to remove vata-pitta disorders

**23. The art of practicing yoga helps in controlling an individual's \_\_\_\_\_\_\_\_\_\_\_**

a) Mind b) soul

c) body d) all the above

**24. What is the recommended time period for the practice of Kumbhaka (Pranayama)**

a) before sunrise b) after sunset

c) morning and evening d) morning, midday, evening, midnight

**25. Which Endocrine gland is Master gland in our body**

a) Pancreas b) Adrenal

c) Pituitary d) Pineal

**26. Cobra pose is also called as**

a) Padmasana b) Salabhasana

c) Bhujangasana d) none

**27. Asana based on how many types**?

a) Three b) Two

c) Five d) Four

**28. The purpose of Yoga as taught by the ancients is to attain:**

a) Perfect health b) Peace of mind

c) Stress relief d) none of these

**29. Kabalabhati is a \_\_\_\_\_\_\_\_\_ Process**

a) Strengthening b) Meditation

c) Cleaning d) None of these

**30. Ustra means**

a) The tree b) Camel

c) Hare d) Snake

**31. Yoga is a strict discipline which requires**

a) Strength b) an objective frame of mind

c) Flexible body d) all of the above

**2. Alternate nostril breathing also called as**

a) Sitali Pranayama b) Bhramari pranayama

c) Nadisodhana d) None

**33. Definition of Yoga according to Kathopanishad is**

a) Control on mind b) Control on sense organs, mind and intellect

c) Control on sense organs and intellect d) Control on body and mind

**34. The purpose of Yoga as taught by the ancients is to attain:**

a) Perfect health b) Peace of mind

c) Stress relief d) Enlightenment or Self-realization.

**35. Who compiled ‘Hathayoga pradipika’?**

a) Patanjali b) Gheranda

c) Svatmarama d) None of the above

**36. Meditation is practiced during**

a) On vacation b) at home

c) Walking d) all of the above

**37. Samadhi is**

a) A trance or state of bliss b) A state of sleep

c) A state of resting d) A state of sitting

**38. Prana means**

a) self-energing b) fitness

c) chronic d) all the above

**39. Human heart has**

a) Two chambers b) Three chambers

c) Four chambers d) No chambers

**40. Who compiled 'Yoga Sutra'**

a) patanjali b) gheranda

c) svatmarama d). none of the above

**41. Mind consists of \_\_\_\_\_\_\_ stage.**

a) Two b) four

c) Three d) five

**42. One of the most prominent health effects of yoga is**

a) Faster growth in children b) Stress reduction

c) Cancer Cure d) Quick action

**43. Which pranayama practice is beneficial for skin and eyes?**

a) Nadisodhana b) sitali

c)Bhramari d) None

**44. Raja yoga also called as**

a) Action b)devotion

c)Classical yoga d) Physical

**45. Organ is involved in exchange of gases**

a)Stomach b)Lungs

c)Liver d) Kidney

**46. Which system regulates water level and body temperature?**

a. Ductless glands b. Kidneys

c. Heart d. Pancreas

**47. When first International Yoga Day is observed in India**?

a) 21 June 2014 b) 21 June 2015

c) 21 June 2016 d)none of these

**48. Where the resolution of celebrating International Day of Yoga is passed?**

a. World Health Organization b. UN, General Assembly

c. India, Parliament d. None of the above

**49. Who is known as Father of Yoga?**

a. Patanjali b. Shiva

c. Brahma d. Tirumalai Krishnamacharya

**50. Which Veda mentions about the elements of yoga?**

a. Athar Veda b. Rig veda

c. Sam Veda d. Yajur Veda

**Short notes type questions: (4 or 5 Marks)**

1. What is Ashtanga Yoga [Patajali’s]?
2. Briefly explain the significance of Chakras in our body?
3. How is Yoga different from stretching and other kind of fitness exercises?
4. What are the four methods of teaching Yoga?
5. What are the essential features of Environment in Yogic teaching?
6. [What is yoga education?](https://www.quora.com/What-is-yoga-education)
7. [What is the importance of yoga in a student’s life?](https://www.quora.com/What-is-the-importance-of-yoga-in-a-student%E2%80%99s-life)
8. [What is the importance of yoga in our daily life?](https://www.quora.com/What-is-the-importance-of-yoga-in-our-daily-life)
9. [Which type of education is yoga?](https://www.quora.com/Which-type-of-education-is-yoga)
10. [What is the importance of yoga in school?](https://www.quora.com/What-is-the-importance-of-yoga-in-school)
11. [Is yoga important to our lives?](https://www.quora.com/Is-yoga-important-to-our-lives)
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17. [Is yoga important to our lives?](https://www.quora.com/Is-yoga-important-to-our-lives)
18. [What is yoga? What is the importance of yoga in the present time?](https://www.quora.com/What-is-yoga-What-is-the-importance-of-yoga-in-the-present-time)
19. [What is meaning and importance of yoga?](https://www.quora.com/What-is-meaning-and-importance-of-yoga)
20. [What is the importance of yoga and exercise in our daily life?](https://www.quora.com/What-is-the-importance-of-yoga-and-exercise-in-our-daily-life)
21. [What is the role of yoga for improving quality education?](https://www.quora.com/What-is-the-role-of-yoga-for-improving-quality-education)
22. [What are some yoga exercises for students?](https://www.quora.com/What-are-some-yoga-exercises-for-students)
23. [How does yoga in school help students?](https://www.quora.com/How-does-yoga-in-school-help-students)
24. [How is yoga beneficial for students?](https://www.quora.com/unanswered/How-is-yoga-beneficial-for-students)
25. [What is the importance of meditation and yoga in a student's life?](https://www.quora.com/What-is-the-importance-of-meditation-and-yoga-in-a-students-life)

**Long notes type questions: (10 Marks or More)**

1. Write short note on the following :

(a) Importance of Health.

(b) Importance of First-Aid.

2. What do you mean by the term Physical Education? Discuss the importance, aims and objectives of teaching Physical education at teachers training institutions. 3+13=16

3. What d you understand by School Health Services? Discuss the various school services. Write the various important functions and needs of school health services. 3+6+7=16

4. What is Yoga? Discuss the scope, functions and aims of Yoga education. 3+13=16

5. What is First-Aid? Enumerate its essential principles. Write down the duties of a trained first-aider.

6. [What are the therapeutic uses of Surya Namaskar?](https://www.researchgate.net/post/What_are_the_therapeutic_uses_of_Surya_Namaskar)

7. [Does Yoga really works on our immunity ?](https://www.researchgate.net/post/Does_Yoga_really_works_on_our_immunity)

8.[What is the main purpose of yoga?](https://www.researchgate.net/post/What_is_the_main_purpose_of_yoga)

9.What is Yoga. and define asana?

10. Write about Bhujangasana and its benefits and contraindications ?

11. Name and Explain the common asana helpful in hypertension and backpain ?  
 12. Name and Explain the common asana helpful in Obesity and Hypertension ?

13. What do you understand by obesity? Why does it act as thread for health?

14.Name the asanas that Helps control body weight?

Explain any one asana with its benefits and contraindiction.

15. Explain the procedure, benefit and contraindications of the following asanas:-  
 1. Chakrasana  
 2. Hastasana  
 3. Paschimimottasana  
 4. Sukhasana  
 5. Matsyendreasana  
 6. Aedh Charasana