

Set II
OPEN BOOK EXAMINATION SCHEME 2021
PHYSICAL EDUCATION
B.A. (H)/B.Com.(H)/B.Sc.(H) SEM. I (CBCS) Nov/Dec 2021
(SEMESTER SCHEME ADMISSION OF 2019/2020/2021)

UNIQUE CODE NO. : 12555101
NAME OF THE PAPER : YOGA AND STRESS MANAGEMENT
NAME OF THE COURSE : B.A. (H)/B.Com.(H)/B.Sc.(H) –GENERIC ELECTIVE

Instructions for students:

- a) Attempt any **FOUR QUESTIONS**. All questions carry equal marks. Maximum Marks will be 50.
- b) The duration of question paper is of **4 hours 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.
- c) Answers may be written either in English or Hindi; but the same medium should be used throughout the paper.

1. What is the importance of Yoga in current times?

वर्तमानसमयमेंयोगकाक्यामहत्वहै?

2. Explain 'Yama' 'Niyama' 'Pratyahara' and 'Dharna' in detail.

'यम', 'नियम', 'प्रत्याहार' और 'धारणा' कोविस्तारसेसमझाइए।

3. Describe any four prone position asanas and explain their benefits and precautions.

किन्हींचारप्रवणस्थितिवालेआसनोंकावर्णनकीजिएतथाउनकेलाभएवंसावधानियोंकीव्याख्या कीजिए।

4. How is pranayama beneficial? Write the procedure of 'Ujjayi' and 'Bhramari' pranayamas.

प्राणायामकैसेफायदेमंदहै? 'उज्जयी' और 'भ्रामरी' प्राणायामकीप्रक्रियालिखिए।

5. What are 'Shatkarmas'? Write the procedure and benefits of 'Kapalbhati' and 'VamanDhauti'.

षट्कर्मक्याहोतेहैं? 'कपालभाति' और 'वामनधौति' कीविधिऔरलाभलिखिए।

6. Define stress. Explain stress management through relaxation technique of Progressive Muscle Relaxation.

तनावकोपरिभाषितकरें। प्रगतिशीलमांसपेशीविश्रांतिकीविश्रामतकनीककेमाध्यमसेतनावप्रबंधनकी व्याख्याकरें।