

1.		Subject Name : Yoga & Body Perfection-I ,2 nd SEM
	a.	Define Yoga Asana.
	b.	What is Raj ashik food?
	c.	Name two supine posture.
	d.	Write two benefit of Nauka asana.
	e.	Define concept of yoga.
	f.	Define two dimension of personality.
	g.	How many parts of Yoga are there?
	h.	What do you mean by mithahar ?
	i.	Name two gadgets require for the correct the posture.
	j.	What is balance diet?
	k.	What do you mean by yoga?
	l.	When you called a person of great destination?
	m.	Yoga derived from the Sanskrit word
	n.	Which come first in the harmonization process?
	o.	How many schools of its are there?
	p.	Development of mind to its highest stage by uniting soul is known as
	r.	What is the main principle of yoga?
	s.	What is the basic objective of practice of yoga Asana at corporate centre?
		5 mark
a.		Write about importance of yoga & its concept of yoga?
b.		Give a brief note about benefit of Astanga yoga.
c.		Write about paschimottasana & its benefit?
d.		Write about the relationship between breath & life span?
e.		Write about two electrical gadgets for figure correction?
f.		Write about two exercises to build burst line areas?
g.		Write about two any two vajrasana group of asana?

	10 marks
1	Give a brief note about meditation, its preparation, advantages & mechanism impact up on health.
2	Give a brief note about pranayam its aspects & benefits
3	Give a brief note about Astanga yoga.
4	Give a brief note about surya namaskar.
5	Give a brief note about forwarding asana.
6	Write about different type of diets according to yoga asana & its impacts on human body.
7	Give a brief note about Astanga yoga.
8	Write brief note about importance and aim of yoga for modern living
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