

TILAK MAHARASHTRAVIDYAPEETH, PUNE

M.A. YOGA

EXAMINATION : DECEMBER-2023

SECOND SEMESTER

Sub. : Practical - II (204)

Date: 09/12/2023

Total marks: 60

Time: 2.00 pm to 4.30 pm

Instructions:

- 1) All questions are compulsory.
- 2) Figures to the right indicate full marks.

Q. 1. Multiple choice questions.

(10)

1. Sthir Sukham _____.
a) Pranayama
b) Diet
c) Asanam
d) Pratyahar
2. After Dhanurasan _____ asana should be done
a) Shavasana
b) Makarasan
c) Paschimottanasana
d) None of these.
3. Kapalbhata is _____.
a) Not a shuddhikriya
b) Pranayama
c) Pranayama & Warm up
d) None of all
4. The posture which resembles Fish is _____.
a) Makarasan
b) Bhujangasan
c) Matsyasan
d) Matsyendrasana
5. In Grishma Ritu _____ is performed.
a) Agnisar & Ujjayi
b) Murchha & Plavini
c) Sheetal & Sitkari
d) Bhramari & Anulom Vilom
6. Due to Pavanmuktasan
a) Releases vayu from stomach
b) Releases vayu from big intestine.
c) Releases vayu from small intestine
d) b & c
7. In Shavasana _____.
a) There are no body movements.
b) Spinal cord touches the ground.
c) Eyes are tightly shut
d) All of these.
8. Dhanurasan should be avoided in case of _____.
a) Large intestine diseases
b) High blood pressure, heart diseases
c) chronic digestive diseases
d) All of these
9. How many kumbhak in Pranayam ?
a) 9
b) 8
c) 3
d) None of all

