

**TILAK MAHARASHTRAVIDYAPEETH, PUNE**  
**M.A. YOGA**  
**EXAMINATION : DECEMBER-2023**  
**FIRST SEMESTER**  
**Sub. : Practical - I (101)**

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**Date: 05/12/2023**

**Total marks: 60**

**Time: 10.00 am to 12.30 pm**

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**Instructions:**

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

**Q. 1. Multiple choice questions. (10)**

1. Asanas should be performed \_\_\_\_\_  
a) slowly  
b) dynamically  
c) at fast pace  
d) continuously
2. Yoga brings harmony among \_\_\_\_\_  
a) emotions and intellect  
b) body, mind and breath  
c) actions and reactions  
d) speech and thoughts
3. Suptavajrasan is an asan in \_\_\_\_\_ posture.  
a) sitting  
b) standing  
c) supine  
d) prone
4. \_\_\_\_\_ asan is effective for alleviating backache.  
a) Bhadrasan  
b) Ushtrasan  
c) Vajrasan  
d) Janushirasan
5. \_\_\_\_\_ is one of the names of Surya deity.  
a) Marich  
b) Marichaye  
c) Marichi  
d) none of these
6. Meditative asanas help to maintain \_\_\_\_\_  
a) the back muscles flexible  
b) the head straight and steady  
c) the hip joint flexible  
d) the awareness on crown
7. For PCOD (Polycystic ovarian disorders) \_\_\_\_\_ asan is helpful.  
a) Ardachakrasan  
b) Tadasan  
c) Urdhvahastasan  
d) Bhadrasan
8. Benefits of asanas are obtained by \_\_\_\_\_  
a) swiftly twisting the body  
b) holding the asanas steadily for around 1 minute  
c) maximum stretching of the body  
d) performing advance asanas
9. \_\_\_\_\_ is complementary asan to Ushtrasan  
a) Padhastasan  
b) Ardha Ushtrasan  
c) Shashankasan  
d) Yogamudra

10. While performing asanas \_\_\_\_\_
- a) light music should be played                      b) room should be soundproof  
c) candle or lamp should be used for special effects                      d) room should be clean, well ventilated with proper light

**Q. 2. Write the answers in short (Any Four) (20)**

- 1) Trikonasan – write the steps to perform asan and its benefits.
- 2) Write any 3 names of Meditative asanas and steps to perform any one meditative asan.
- 3) Importance of practicing asanas in daily life – write short note.
- 4) Benefits and contraindications of Ardhakaticakrasan
- 5) Name any 2 asanas beneficial for digestive system and explain the procedure of any one asan,
- 6) Write the prayer / Shantipath that is recited at the beginning of Yogasana class, with its meaning.

**Q. 3. Write the answers in detail. (Any two) (30)**

- 1) Describe in detail – Suryanamaskar -1) steps and asanas 2) bijamantras 3) names of Sun 4) benefits
- 2) Write the procedure, benefits and contraindications of Ardhamatsyendrasan in detail.
- 3) Name any three forward bending asanas and explain any one asan based on the following points: 1) procedure 2) contraindications 3) benefits

**मराठी रूपांतर**

**सूचना :** १. सर्व प्रश्न सोडविणे आवश्यक आहे.  
२. उजवीकडील अंक त्या प्रश्नांचे गुण दर्शवितात.

**प्र.१. योग्य पर्याय निवडा. (१०)**

१. आसनांचा सराव ..... करावा.  
अ) गतिशील पद्धतिने                      ब) घाम येईपर्यंत  
क) सावकाश                      ड) दाब पडेपर्यंत
२. योगाभ्यासामुळे ..... यामध्ये सुसंगती येते.  
अ) भावना व बुद्धी                      ब) शरीर, मन व श्वासोच्छ्वास  
क) क्रिया व प्रक्रिया                      ड) वाणी आणि विचार
३. सुप्तवज्रासन हे ..... या स्थितीतील आसन आहे.  
अ) बैठक                      ब) दंड स्थिती  
क) शयन स्थिती                      ड) विपरित शयन स्थिती
४. पाठदुखी कमी करण्यासाठी ..... हे आसन लाभदायक आहे.  
अ) भद्रासन                      ब) उष्ट्रासन  
क) वज्रासन                      ड) जानुशिरासन
५. .... हे सूर्य देवतेचे एक नाव आहे.

