

ASSIGNMENT-2021
CBCS 2ND SEMESTER GENERIC ELECTIVE
DEPARTMENT OF EDUCATION
KALIACHAK COLLEGE
FULL MARKS : 14

PAPER – YOGA EDUCATION (GE-2)

1. **Answer any one of the following questions :** 1 x 8 = 8
- a) What is Yoga Education? What are the scientific value of Yoga? (3 + 5 = 8)
- b) Describe Eight limbs of Yoga with its imporatance. (8)
2. **Answer any one of the following questions :** 1 x 4 = 4
- a) Write a note on Yoga Sutra.
- b) Write a short note on the principle of practicing asanas.
3. **Answer any one of the following questions :** 1 x 2 = 2
- a) Who is Patanjali ?
- b) What is the meaning of “Yogascittavritti nirodhah”?
