

# S.M.D COLLEGE , PUNPUN

## ASSIGNMENT QUESTIONS UG SEMESTER 2 (2023-27 )

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SUBJECT : Yoga (VAC)

FULL MARKS : 10

Write any one question of the following

निम्नलिखित प्रश्नों में से किन्ही एक का उत्तर दें

(1) Describe the history of Yoga.

योग के इतिहास का वर्णन करें ।

(2) Describe two asanas of Yoga.

योग के दो आसनों का वर्णन करें ।

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