

D-1212**Sub. Code****42611**

DISTANCE EDUCATION

P.G.D.Y. EXAMINATION, MAY 2019.

First Semester

Yoga Education

HISTORICAL DEVELOPMENT OF YOGA

(CBCS – 2018-19 Academic Year Onwards)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 2 = 20 marks)

Answer ALL questions.

1. Short note on Vedic yoga.
2. Scope of yoga.
3. Role of yoga in sports.
4. Define Abhava yoga.
5. Messages of Buddhism.
6. Define Nada Yoga.
7. Define is Jhana Yoga.
8. Short note on Hatha Yoga.
9. Short note on Niyama.
10. Explain about Satyam or truthfulness.

PART B — ($5 \times 5 = 25$ marks)

Answer ALL questions.

11. (a) Explain about origin of yoga.

Or

- (b) Write a short note on pre and post classical yoga.

12. (a) Why physical side of yoga's most important? Explain.

Or

- (b) Write about the five Pillers of Islam.

13. (a) List down the types of Asana. Explain.

Or

- (b) Explain any five asanas.

14. (a) Write Benefits of Karma yoga.

Or

- (b) Explain nine modes of Devotes in yoga.

15. (a) Define yama. And explain about Ahimsa.

Or

- (b) Define Yama and explain Satya and Asteeya.

PART C — ($3 \times 10 = 30$ marks)

Answer any THREE questions.

16. Explain about Raja yoga and its benefits.

17. What is pratyahara? Explain about types of pratyahara.

18. What is Jhana yoga and explain its principles.
 19. Explain any five paths of yoga.
 20. Explain about thirumular thirumandram on yoga.
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D-1213

Sub. Code

42612

DISTANCE EDUCATION

P.G.D. Yoga EXAMINATION, MAY 2019.

First Semester

PRINCIPLES OF YOGA PRACTICES

(CBCS – 2018–19 Academic Year Onwards)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 2 = 20 marks)

Answer ALL questions.

1. What is positive thinking?
2. Write any five principles of yogic practices?
3. Define Asthanga yoga.
4. Define samathi.
5. Mention any two Biochemical benefits of yoga?
6. What are the types of Asana?
7. What are the steps of surya namaskar?
8. Benefits of pranayama.

9. Define Basti.
10. What is muscle Relaxation?

PART B — ($5 \times 5 = 25$ marks)

Answer ALL questions.

11. (a) Explain the Asthanga yoga and its benefits.
- Or
- (b) Write short note on Laya yoga and Tantra yoga
12. (a) Explain the importance of yoga for weight lifting?
- Or
- (b) Explain the importance of yoga for Football?
13. (a) Describe the physical benefits of yoga.
- Or
- (b) Explain the role of yogasana on nervous system.
14. (a) Discuss the aims and objectives of yoga.
- Or
- (b) Explain the effect of suryanamaskar on pancreas?
15. (a) Explain the physical effects of Bandhars?
- Or
- (b) Briefly explain the vallalar meditation?

PART C — ($3 \times 10 = 30$ marks)

Answer any THREE questions

16. Explain the application of yoga in physical education and sports?
 17. Explain the importance of yoga in physical education and sports.
 18. Explain the effect of yogic practice Endocrine system.
 19. Write down the steps of suryanamaskar and explain the benefits?
 20. List down the types of kriyas and explain any two?
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D-1214**Sub. Code****42613**

DISTANCE EDUCATION

P.G. DIPLOMA EXAMINATION, MAY 2019.

First Semester

YOGA

SCIENTIFIC APPROACHES OF YOGA

(CBCS 2018–19 Academic Year onwards)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 2 = 20 marks)

Answer ALL questions.

1. What is Adipose tissue?
2. What is neuron?
3. Mention the functions of arteries.
4. Define Expiration.
5. Define Shatkriyas.
6. Benefits of Viparita Karani mudra.
7. Define Trataka.
8. What is Nadi?
9. Define Kundalini shakti.
10. Define Chest cage.

PART B — ($5 \times 5 = 25$ marks)

Answer ALL questions.

11. (a) Describe columnar epithelial tissue.

Or

- (b) Effect of yogasana on sensory system.

12. (a) List down the functions of Kidneys.

Or

- (b) List down the functions of Bones.

13. (a) Describe the technique of Kunjal kriya.

Or

- (b) Explain the physiological functions of Nauli.

14. (a) Describe the functions of Meditation.

Or

- (b) Describe the physiological functions of Moola Shodhana.

15. (a) Describe the meditation postures.

Or

- (b) Describe psycho-neuro immunology.

PART C — ($3 \times 10 = 30$ marks)

Answer any THREE questions.

16. Explain the functions of Heart.

17. Describe the effect of yogasana on respiratory system.

18. Explain the technique and benefits of Agnisara kriya.
 19. What is meant by Chakra? Explain the special features and functions of Chakras.
 20. Elucidate the effect of yoga on haematological changes.
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D-1215**Sub. Code****42621**

DISTANCE EDUCATION

P.G. DIPLOMA IN YOGA EXAMINATION, MAY 2019.

Second Semester

METHODS OF YOGIC PRACTICES

(CBCS 2018–19 Academic Year onwards)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 2 = 20 marks)

Answer ALL questions.

1. What is Asana?
2. What are the types of asana?
3. What is Surya namaskar?
4. Write any two sitting asanas.
5. What is the meaning of posture?
6. Benefits of Ushtrasana.
7. Mention the method of practice the Gomugasana.
8. Write any two supine position asana.
9. Benefits of Matsyasana.
10. Contra indications of Navasana.

PART B — ($5 \times 5 = 25$ marks)

Answer ALL questions.

11. (a) Explain the benefits and limitations of Surya namaskar.

Or

- (b) Explain the benefits of Ardha-chakrasana.

12. (a) Explain the procedure and benefits of Bhujangasana.

Or

- (b) Explain the contra indications of Ardhakati chakarasana.

13. (a) Describe the physiological benefits of Asanas.

Or

- (b) Describe the benefits of Asanas.

14. (a) Describe the healing effects of supine position asanas.

Or

- (b) Describe the healing effects of Navasana.

15. (a) Explain the benefits of savasana.

Or

- (b) Explain the physiological benefits of sarvangasana.

PART C — ($3 \times 10 = 30$ marks)

Answer any THREE questions.

16. Write down the steps Surya namaskar with benefits.
17. Explain the techniques and benefits of Parsvottanasana.

18. Briefly explain the benefits of Ardha matsyendrasana.
 19. Write down the steps, caution and benefit of Dhanurasana.
 20. Explain the features of Chakrasana.
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D-1216**Sub. Code****42622****DISTANCE EDUCATION****P.G. DIPLOMA YOGA EXAMINATION, MAY 2019.****Second Semester****APPLICATION OF YOGIC PRACTICES****(CBCS 2018 – 19 Academic Year Onwards)****Time : Three hours****Maximum : 75 marks****PART A — (10 × 2 = 20 marks)****Answer ALL questions.**

1. Define – Annamaya kosha.
2. Define – Practices.
3. Explain – Posture.
4. List down the name of Four Pranayama.
5. Define – Meditation.
6. What is mean by Treatment?
7. Define – Health.
8. Balance diet – Explain.
9. Define Technology.
10. What is Stress?

PART B — ($5 \times 5 = 25$ marks)

Answer ALL questions.

11. (a) Write the need and importance of yogic practices.

Or

- (b) Explain how yoga is the natural cure for back pain.

12. (a) Explain – Amenorrhoea.

Or

- (b) Write the effects of Asanas on blood pressure.

13. (a) Write about Ideology and technology.

Or

- (b) Write the physiological benefits of Asanas.

14. (a) Write the concept of Fasting.

Or

- (b) Write the Causes for Anxiety and Stress.

15. (a) Short note on the stages of mind.

Or

- (b) Explain consciousness and subconscious stages of human mind.

PART C — ($3 \times 10 = 30$ marks)

Answer any THREE of the following :

16. Summarize the role of yogic Practices on Arthritis.
17. Explain the yogic treatment for diabetes.

18. Explain the impact of yogic Practices on various human system.
 19. Write the applications of yogic techniques on fatigue.
 20. Essay on yoga for ethical life.
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D-1217

Sub. Code

42623

DISTANCE EDUCATION

P.G.D.Y EXAMINATION, MAY 2019

Second Semester

Yoga Education

YOGIC PRACTICES AND SOCIAL VALUES

(CBCS – 2018 –19 Academic Year onwards)

Time : Three Hours

Maximum : 75 Marks

Part A –(10 × 2 = 20 marks)

Answer ALL questions.

1. Define – Karna pidasana.
2. Define karudasana.
3. Write short notes on Kapalabhati.
4. What are the paths of kriyas?
5. Write about any two types of bandhas.
6. What is pranayama?
7. Define meditation.
8. Explain communication.
9. Write any two causes for stress.
10. Meaning of the term “Leadership”.

PART B –(5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b) from each question.

11. (a) Explain and benefits of Marichyasana.

Or

- (b) Write short notes on:

(i) Neti

(ii) Dhouti

12. (a) Explain – Nadi shudhi pranayama.

Or

- (b) Write short notes on chinmaya mudra.

13. (a) Explain the social values of Meditation.

Or

- (b) Discuss about Interpersonal skill.

14. (a) Write short notes on stress management.

Or

- (b) Explain the yogic practices on Leadership skill.

15. (a) Explain – practicing yoga inculcates the social values.

Or

- (b) Write about perception with suitable example.

Part C – (3 × 10 = 30 marks)

Answer any THREE questions.

16. Briefly explain about the following asanas.
- (a) Sethu Bandha Sarvangasana
 - (b) Paryankasana
 - (c) Eka pada chakrasana
 - (d) Paschimottanasana.
17. Briefly Explain about Kapalabathi and trataka and its social values.
18. What are the types of bandhas and list down their benefits?
19. Explain about the parts of Lesson plan.
20. Explain the various methods to deal the stress and anger Management.
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