

D- 6643

Sub. Code

42611

DISTANCE EDUCATION

PGD IN YOGA EXAMINATION, DECEMBER 2020.

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. Write the aim of yoga.
2. Define Sutra.
3. Define –Dharana.
4. What is mean by karma?
5. Write about Variagya?
6. Explain sushumna nadi?
7. What is mean by non–Violence?
8. Define nadi
9. Explain divine.
10. What is mean by Asana?

PART B — (5 × 5 = 25 marks)

Answer ALL questions, Choosing either (a) or (b).

11. (a) Write about post classical yoga

Or

- (b) Give a note about misconceptions of yoga.

12. (a) Explain about Religion and Spirituality?

Or

- (b) Write the nature of bhakthi yoga?

13. (a) Write the principle of Jnana yoga?

Or

- (b) What is mean by Royal yoga?

14. (a) Explain about Satya or Truthfulness.

Or

- (b) Give a note about classical hatha yoga?

15. (a) Write about the need and importance of asana?

Or

- (b) Explain Santosha (or) Contentment?

PART C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Summarize the need and importance of yoga to the current scenario?

17. Give a short note about Thirumular thiru–mandiram?

18. Elaborate the Patanjali's eight limbs of yoga?
 19. Write the physical and physiological benefits of yoga to the human body?
 20. Give a note about kundalini yoga and its benefits?
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D-4681

Sub. Code

42612

DISTANCE EDUCATION

P.G. DIPLOMA EXAMINATION, DEC 2020.

First Semester

Yoga

PRINCIPLES OF YOGA PRACTICES

(CBCS 2018-19 Academic year onwards)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 2 = 20 marks)

Answer ALL the questions.

1. Write about proper diet.
2. Write any three application of Yoga in Physical Education.
3. What is Ashtanga Yoga?
4. Write the physical benefits of Yoga.
5. Write any three importance of Yoga.
6. What is Breathing practice?
7. Define Asana.
8. Define Kriya.
9. What is Kapalabhati?
10. Meaning of meditation.

PART B — (5 × 5 = 25 marks)

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

11. (a) Explain the application of Yoga in Physical Education.

Or

- (b) Explain the application of Bhakthi Yoga in detail.

12. (a) Write importance of Pranayama and Dharana.

Or

- (b) Explain the physiological importance of Yoga.

13. (a) Explain the importance of Yoga for Athletes.

Or

- (b) Explain the importance of loosening exercise.

14. (a) Write in detail about physical benefits of Yoga.

Or

- (b) Explain the effect of Suryanamaskar on respiratory system.

15. (a) Briefly explain the Sri Aurobindo meditation.

Or

- (b) Explain Breathing and life span of pranayama and the spiritual aspirant.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Explain the eight limbs of Ashtanga Yoga.
 17. Write the classification of Asanas in detail.
 18. Enumerate the difference between yoga practices and physical activities.
 19. Write down the twelve steps of Surya Namaskar in detail.
 20. Explain the physiological benefits of meditation.
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D-4682

Sub. Code

42613

DISTANCE EDUCATION

P.G.D. IN YOGA EXAMINATION, DEC 2020.

First Semester

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. Define – Skeletal muscle.
2. List down any two organs in human body.
3. Define – Expiration.
4. Explain – Basti.
5. Benefits of Meditation.
6. Define – Nadi.
7. Write any five Mudras.
8. What is – Muscles?
9. What is Sutra neti?
10. What is skin?

PART B — (5 × 5 = 25 marks)

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

11. (a) Discuss the classification of bones.
Or
(b) Write the short notes on skin.
12. (a) What is Kriyas? Explain any two Kriyas.
Or
(b) Write down the physiological benefits of Bandhas.
13. (a) Explain Yoga Mudra and its benefits.
Or
(b) Explain the different types of dhouti.
14. (a) Explain the physiological effects of Kapalabhati.
Or
(b) Describe the Transcendental Meditation.
15. (a) Describe — Kundalini Shakti.
Or
(b) Explain the psychological effects of Pranayama.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Describe the structure and functions of Heart.
17. Explain the influences of Yoga practices on Endocrine system — Explain.
18. Explain the techniques and benefits of Bandhas.
19. Discuss the new approach of psycho-neuro-immunology.
20. Discuss about the effects of yoga on :
(a) Neuro system
(b) Digestive system.

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42621

DISTANCE EDUCATION
PGD(Yoga) DEC – 2020 Examinations
CBCS-2018-19 Academic year onwards
42621 – Methods of Yogic Practices
II Semester

Time : Three hours

Maximum : 75 marks

PART –A (10 x 2 = 20 marks)

Answer all questions

1. Define – Posture?
2. What is the meaning of Bhujangasana?
3. Define – Asana?
4. Explain the benefits of Padahastasana?
5. What do you mean by methods?
6. Write any four benefits of Ushtrasana .
7. List out any two meditative asanas?
8. Write the contraindications of Uttkatasana?
9. Explain –Meditation.
10. What is yoga Education?

PART – B (5 x 5 = 25)

Answer all questions Choosing either (a) or (b)

11. a) Write the Principles of yogic practices?
(or)
b) Explain the cautions and benefits of Ardachakrasana?
12. a) Write the method and benefits of two sitting Asanas?
(or)
b) Explain physiological benefits of Suryanamaskar?
13. a) Explain the sequences of Parsvottanasana?
(or)
b) Explain about Padmasana?
14. a) Write about the importance of different types of pose involved in asanas?
(or)
b) Explain the technique of Ardhamatsyendrasana?
15. a) Explain the meaning and benefits of Chakrasana?
(or)
b) Elaborate the healing effects of Navasana?

PART – C (3 x 10 = 30)

Answer any three questions

All questions carry equal marks

16. Briefly discuss about the methods and benefits of Suryanamaskar?
17. Explain the contraindications and benefits of parivatta Trikonasana.
18. Summarize the benefits and contraindications of Makarasana?
19. Describe about the importance of yogasanas in human physiological system?
20. Write about the methods of performing Halasana and its cautions, benefits and limitations?

D-6401

Sub. Code

42622

DISTANCE EDUCATION

PGD IN YOGA DIPLOMA EXAMINATION,
DECEMBER 2020.

Second Semester

APPLICATION OF YOGIC PRACTICES

(CBCS 2018 – 2019 Academic Year Onwards)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 2 = 20 marks)

Answer ALL the questions.

1. Define Asama.
2. Define meditation.
3. Who is the father of yoga.
4. Write any two benefits of Ushtrasana.
5. How can we reduce obesity.
6. Which asanas are best for diabetes.
7. Write the meaning of pramayama.
8. What is balanced diet.
9. Meaning of organic diet.
10. Write any three methods of relaxation.

PART B — (5 × 5 = 25 marks)

Answer ALL questions choosing either (a) or (b).

11. (a) Explain any two Koshas.

Or

- (b) Explain yoga as an effective treatment for back pain.

12. (a) Write the impact of yogic practice on coronary heart disease

Or

- (b) Explain role of yogic practices on Arthrities

13. (a) Summarize the importance of a proper diet and fasting.

Or

- (b) Explain relationship between yoga and ahimsa.

14. (a) Define obesity and what are the remedies for obesity.

Or

- (b) Write the relaxation techniques for stress relief.

15. (a) Write about the relationship between exercises and yoga.

Or

- (b) Explain yoga for insomnia.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Write the impact of yogic practice.

17. Role of yoga in social values.

18. Explain (a) mindfulness meditation (b) stages of mind.
 19. What is pranayama and its importance .
 20. Explain yoga and meditation practices for reducing the depression, anxiety and stress.
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D-6402

Sub. Code

42623

DISTANCE EDUCATION

P.G.D. IN YOGA EXAMINATION, DECEMBER 2020.

Second Semester

YOGIC PRACTICES AND SOCIAL VALUES

(CBCS 2018– 2019 Academic Year Onwards)

Time : 3 hours

Maximum : 75 marks

PART A — (10 × 2 = 20 marks)

Answer ALL the questions.

1. Define- Padma Mayurasana.
2. What do you mean by Eka Pada Chakrasana?
3. Write short note on Dhouti.
4. What is Mula Bandha?
5. Define-Verbal Communication.
6. List out the parts of lesson plan.
7. Meaning of stress management.
8. What is leadership?
9. Write about positive thinking.
10. What is yogic enema?

PART B — (5 × 5 = 25 marks)

Answer ALL questions choosing either (a) or (b).

11. (a) Define the sethu bandha sarv agasana and its benefits.

Or

- (b) Define sectional breathing and give the sequence, benefits of ujjayi pranayama.

12. (a) Write the meaning of Mudra and explain any two Mudras.

Or

- (b) Write a short note on bandhas.

13. (a) What is Raja Yoga Meditation? Discuss.

Or

- (b) Give short note on lesson plan.

14. (a) What is stress? Discuss about its causes.

Or

- (b) Define- Perception and Explain in detail.

15. (a) Write a short note

- (i) Human or social values
(ii) Devotional and prayer

Or

- (b) Discuss about the holistic health care.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Explain about the chandrabhedana Pranayama.
17. Explain the Dhouti and its Types.

18. Explain the functions of non- verbal communication.
 19. Discuss about the yoga and stress in details.
 20. Give a detailed note on inculcation of living values.
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