

D-7063

Sub. Code

42611

DISTANCE EDUCATION

P.G. DIPLOMA IN YOGA EXAMINATION, DECEMBER 2022.

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. Who is called as a yoga trainer?
2. Explain bhakti yoga.
3. Write any two messages from Buddhism.
4. What is master death?
5. Define prana.
6. Meaning of pranayama.
7. Definition of nadi.
8. Explain – Tapas.
9. Write short notes on “Ahimsa”.
10. Meaning of Satya.

PART B — (5 × 5 = 25 marks)

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

11. (a) Write down the needs of yoga.

Or

- (b) Discuss about yoga in a sport.

12. (a) Describe the messages from kuran.

Or

- (b) Explain any two asanas for thyroid patients.

13. (a) Write down the techniques of breathing.

Or

- (b) Write down the messages from Bhagavat Gita.

14. (a) Explain about Karma and its benefits.

Or

- (b) Explain the impact of pranayama on respiratory functions.

15. (a) Describe the types of Pratayahara.

Or

- (b) Describe the Panthanjali yoga sutra.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Write briefly about history of yoga.

17. Explain the paths of yoga.

18. Write about the Hatha yoga and its benefits.
 19. Explain Patanjali's eight limbs of yoga.
 20. Explain Suryanamaskar with benefits.
-

D-7064

Sub. Code

42612

DISTANCE EDUCATION

P.G. DIPLOMA IN YOGA EXAMINATION, DECEMBER 2022.

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 the questions.

1. Define diet.
2. Meaning of meditation.
3. Definition of physical education.
4. Explain – Dhyana.
5. Write any two endocrine system.
6. What is pranayama?
7. Explain – Bandhas.
8. Write any two balancing asanas.
9. What is mudra?
10. Explain – Vallalar meditations.

PART B — (5 × 5 = 25 marks)

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

11. (a) Write down the basic principles of yoga.

Or

- (b) Describe the application of Ashtanga Yoga.

12. (a) Discuss about importance of yama.

Or

- (b) Write down the importance of yoga for athletes.

13. (a) Explain the importance of yoga for gymnastics.

Or

- (b) Write the physical benefits of yoga.

14. (a) Describe any two bending asanas and mention the indications and contra indications.

Or

- (b) Write down the physiological benefits of yoga.

15. (a) Describe the methods of meditation.

Or

- (b) Explain any two relaxation asanas.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Explain the importance of yoga in physical education.
17. Explain the importance of yoga in various games.

18. Write down the differences between yogasanas and physical exercises.
 19. Explain the suryanamaskar and its effects on various system.
 20. Explain any three mudras and its benefits.
-

D-7065

Sub. Code

42613

DISTANCE EDUCATION

P.G. DIPLOMA IN YOGA EXAMINATION, DECEMBER 2022.

First Semester

SCIENTIFIC APPROACHES OF YOGA

(CBCS 2018-2019 Academic Year Onwards)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 2 = 20 marks)

Answer ALL questions.

1. Define cell.
2. What is neuron?
3. Define muscle.
4. Explain Khechari Mudras.
5. What is Shatkriyas?
6. Define nadi.
7. Meaning of meditation.
8. Explain – basti.
9. Write any two benefits of Mudra.
10. What is kinetic energy?

PART B — (5 × 5 = 25 marks)

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

11. (a) Write the physiological functions of muscles.

Or

- (b) Describe the functions of adipose tissues.

12. (a) Write down the effect of yoga on digestive system.

Or

- (b) Describe the effect of yoga on sensory system.

13. (a) Explain the effects of yoga on respiratory system.

Or

- (b) Describe the physiological benefits of Mahabandha.

14. (a) Write short notes on Kapalbhathi.

Or

- (b) Explain about transcendental meditation.

15. (a) Write in detail about nadis.

Or

- (b) Describe the effect of meditation on brain function.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Explain the function of tissues.
17. Write in detail about functions of lungs.
18. Explain the effects of yoga on circulatory system.
19. Explain Shatkriyas with their benefits.
20. Explain any five chakras with their functions.

D-7066

Sub. Code

42621

DISTANCE EDUCATION

P.G. DIPLOMA IN YOGA EXAMINATION,
DECEMBER 2022.

Second Semester

METHOD 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. Write any two Benefits of Suryanamaskar.
2. Write any two benefits of sitting Asanas.
3. Write any two Precautions of Padahastasana.
4. Mention any two Contra Indications of Utkatasana.
5. What is mean by Asanas?
6. Write any two Benefits of Chakrasana.
7. Mention any two Twisting Asanas.
8. Write the technique of Makarasana.
9. Write down the Benefits of Dhanurasanas.
10. Define Organic Diet.

PART B — (5 × 5 = 25 marks)

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

11. (a) Briefly explain about the Benefits of Suryanamaskar.

Or

- (b) Narrate the Technique and benefits of Tadasana with Diagram.

12. (a) Narrate Natarajasana.

Or

- (b) Discuss about the Contra Indications asanas of Utkatasana.

13. (a) Explain the Technique and Benefits of Ardhamatsyendrasana.

Or

- (b) Discuss about the Psychological Benefits of Dhanurasana.

14. (a) Explain the Techniques and Benefits of Bhujangasana.

Or

- (b) Narrate: Padmasana, Ekapadasana, Parvottasana.

15. (a) Explain about the Physiological and Psychological Benefits of Gomuthasana.

Or

- (b) Discuss about the Benefits and Methods of Chakrasana.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Briefly Explain about the Suryanamaskar (12 steps) with Mantras.
 17. Explain about the Technique and Benefits of Meditative Asana.
 18. Describe the technique, benefits and Preventive measures of Dhanurasana.
 19. Write in detail about the Technique and Benefits of Paschimothasana.
 20. Briefly explain about the Vajrasana, Parivrittas Trikonasana.
-

D-7067

Sub. Code

42622

DISTANCE EDUCATION

P.G. DIPLOMA IN YOGA EXAMINATION, DECEMBER 2022.

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. What is pranic body?
2. Write the benefit of Trikonasana?
3. What is posture?
4. What is meditation?
5. Mention the types of diabetes.
6. What is organic diet?
7. Define Ideology.
8. What is Anxiety?
9. Write the stages of mind.
10. What is Neurosis?

PART B — (5 × 5 = 25 marks)

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

11. (a) Explain Manomaya Kosha.
Or
(b) Explain the yogic treatment for severe lowback pain.
12. (a) Explain Yoga Nidra.
Or
(b) Write short note on yogic diet.
13. (a) Write the relationship between diet and yoga.
Or
(b) Explain the impact of yogic practice on Anxiety.
14. (a) Write the importance of Breathing meditation.
Or
(b) Write a note on Autogenic Relaxation.
15. (a) Write the relationship between yoga and mental health.
Or
(b) Mention the role of yogic practices on neurosis.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Explain
(a) Amenorrhoea
(b) Dysmenorrhoea

17. Explain the types of diabetes. And mention the role of yogic practices to control diabetes.
 18. Explain the technique and benefits of Ujjayi pranayama.
 19. Explain the concept of mindfulness meditation.
 20. How yoga can help to promote the health in current scenario?
-

D-7068

Sub. Code

42623

DISTANCE EDUCATION

P.G.D. IN YOGA EXAMINATION, DECEMBER 2022.

Second Semester

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 Asana.
2. Write any two meditative asanas.
3. Write any two benefits of moola bandha.
4. Define Trataka.
5. Write any two benefits of meditation.
6. Write note on moral values.
7. Write the benefits of yoga mudra.
8. Define inhalation.
9. What is conflict?
10. Write note on divine values.

PART B — (5 × 5 = 25 marks)

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

11. (a) Write about physiological benefits of vatayanasana.

Or

- (b) Explain the technique of kapalabhati pranayama.

12. (a) Explain about sectional breathing and its benefits.

Or

- (b) Explain the technique of chinmaya mudra and its benefits.

13. (a) Explain the technique of Jalendra Banda.

Or

- (b) Describe the physiological benefits of mudras.

14. (a) Write short note on mantra meditation.

Or

- (b) Describe the psychological benefits of meditation.

15. (a) Write short notes on yoga and stress.

Or

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

PART C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Write the benefits of Parivrtta Janu Sirasasana and Utthitha Padmasana.

17. Explain

- (a) Maha mudra

- (b) Nauli

18. Discuss in detail about the transcendental meditation.
 19. Explain in detail about the Inter-personal skills.
 20. Explain the types and symptoms of stress. How yoga practices is useful for stressful person?
-