

D-5063

Sub. Code

42611

DISTANCE EDUCATION

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

First Semester

Yoga Education

HISTORICAL DEVELOPMENT 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 yoga.
2. What is Fasting?
3. Define Asanas.
4. Meaning of Karma yoga.
5. Write any two principles of Janana yoga.
6. What is Raja Yoga?
7. How many limbs are available in Pathanjali's yoga sutra?
8. Explain Samadhi.
9. What is Ahimsa?
10. What is Nadi?

PART B — (5 × 5 = 25 marks)

Answer ALL questions.

11. (a) Describe the history of yoga.

Or

(b) Explain aims and objectives of Yoga.

12. (a) Describe the paths of Yoga.

Or

(b) Explain the benefits of Karma Yoga.

13. (a) Mention the principles of Janana Yoga.

Or

(b) Explain about Ahimsa and its benefits.

14. (a) Explain any two trunk handling asanas and their physiological benefits.

Or

(b) Explain about pranayama and its types.

15. (a) Explain any two supine asanas and their physiological benefits.

Or

(b) Explain the types of pratyahara.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Explain the Pathanjali's Yoga sutra.

17. Explain the scope of yoga in India and Aboard.

18. Write about Vedic periods of Yoga.
 19. Explain the various modes of devotion.
 20. Explain yoga contribution to human society.
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D-5064

Sub. Code

42612

DISTANCE EDUCATION

P.G.D. EXAMINATION, MAY 2022.

First Semester

Yoga

PRINCIPLES OF YOGA PRACTICES

(CBCS 2018 – 2019 Academic Year Onwards)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 2 = 20 marks)

Answer ALL questions.

1. What is relaxation?
2. Define physical education.
3. What is Astanga yoga?
4. Meaning of Pranayama.
5. Write any two name of supine position asanas.
6. What is Kriya?
7. Meaning of meditation.
8. What is mudra?
9. Explain - Bandha.
10. What is physical activity?

PART B — (5 × 5 = 25 marks)

Answer ALL questions.

11. (a) Mention the basic principles of Yoga.

Or

- (b) Describe importance of yoga in physical education.

12. (a) Describe the importance of yoga for gymnastics.

Or

- (b) Write about the psychological benefits of yoga.

13. (a) Discuss about differences between yoga asanas and physical exercises.

Or

- (b) Explain the effect of Suryanamaskar in detail.

14. (a) Explain the benefits of breathing practice.

Or

- (b) Elaborate the benefits of loosening exercise.

15. (a) Explain any two backward bending asanas and its benefits.

Or

- (b) Describe the various methods of Pranayama.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Explain the application of karma yoga and Jnana yoga in detail.

17. Explain the importance of yoga in physical education.
 18. Discuss about importance of yoga in various sports.
 19. Explain the methods of teaching yogic techniques.
 20. Explain the classification of asanas.
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Sub. Code

42613

DISTANCE EDUCATION

P.G. DIPLOMA (Yoga) EXAMINATION, MAY 2022.

First Semester

SCIENTIFIC APPROACHES OF YOGA

(CBCS 2018 – 2019 Academic year onwards)

Time : Three hours

Maximum : 75 marks

SECTION A — (10 × 2 = 20 marks)

Answer ALL questions.

1. What is cell?
2. Define digestive system.
3. Define bandha.
4. What is shatkarma?
5. Define Dhauti.
6. Explain-Kundalini shakti.
7. Define nauli.
8. What is kriya?
9. Define mudra.
10. What is breathing?

SECTION B — (5 × 5 = 25 marks)

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

11. (a) Explain the effects of yogasana on tissues.

Or

- (b) List down the functions of joints.

12. (a) Describe the physiological benefits of bandhas.

Or

- (b) Explain the physiological benefits of mudras.

13. (a) Explain the methods of sutra neti practices.

Or

- (b) Explain the methods of vamana dhauti and its benefits.

14. (a) Describe the methods of tratata kriya.

Or

- (b) Write down types of nadis with physiological benefits.

15. (a) Describe the biochemical changes through yoga practices.

Or

- (b) Explain the transcendental meditation and its benefits.

SECTION C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Explain the effects of yoga on endocrine system.
 17. Describe the effects of yogasana on digestive system.
 18. Explain the six shatkriyas and its benefits.
 19. Explain the special features and functions of chakras.
 20. Explain the physiological changes during the practice of meditation.
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Sub. Code

42621

DISTANCE EDUCATION

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

Second Semester

METHODS OF YOGIC PRACTICES

(CBCS 2018 – 2019 Academic year onwards)

Time : Three hours

Maximum : 75 marks

SECTION A — (10 × 2 = 20 marks)

Answer ALL questions.

1. What is namaskar?
2. Define asana.
3. Benefits of natarajasana.
4. Write two sitting asanas.
5. Benefits of makrasana.
6. contra-indications of chakrasana.
7. Write any two standing asanas.
8. Indicate the contraindications of go mukhasana.
9. Benefits of salabha asana.
10. Explain-Chakrasana.

SECTION B — (5 × 5 = 25 marks)

Answer ALL questions.

11. (a) Elaborate the uttkatasana and its benefits.

Or

- (b) Explain the techniques of vajrasana.

12. (a) Explain the techniques of any two forward bending asanas.

Or

- (b) Elaborate the navasana and its benefits.

13. (a) Explain the methods of practice and benefits of cobra pose asana.

Or

- (b) Describe the methods of practice and benefits of locust posture asana.

14. (a) Explain the techniques of mat yasana.

Or

- (b) Elaborate the method of practice and benefits of wheel pose.

15. (a) Describe the methods of practice and benefits of salabhasana.

Or

- (b) Explain the techniques of Parirritta trikonasana.

SECTION C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Explain the steps of suryanamaskar with breathing and Mandras.
 17. Explain any five sitting asanas and mention indications and contra indications.
 18. Explain any five supine position asanas with their benefits.
 19. Explain any five pronelying position asanas with their contra indications and benefits.
 20. Write down the method of practice, caution, indication, contra-indication and benefits of sarvangasana.
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D-5067

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42622

DISTANCE EDUCATION

PG DIPLOMA IN YOGA EXAMINATION, MAY 2022

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 questions

1. What is Bliss body?
2. Define Amenorrhoea.
3. What is Asana?
4. Define obesity.
5. Define diet.
6. Mention any two reasons for stress.
7. Define meditation.
8. What is depression?
9. Define phobia.
10. Define Insomnia.

PART B — (5 × 5 = 25 marks)

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

11. (a) Describe the yogic concept of human body.

Or

- (b) Explain the techniques and benefits of ushtrasana.

12. (a) Explain the role of yogic practices on Hypertension.

Or

- (b) Describe three gunas.

13. (a) Write the relationship between yoga and ahimsa.

Or

- (b) Explain alternate nostril breathing.

14. (a) Write the importance of Ohm meditation?

Or

- (b) Mention the application of yogic techniques on fatigue.

15. (a) How yoga can helps to reduce tension?

Or

- (b) Explain the technique of Karna pidasana.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Explain the role of yogic practices on menstrual disorder?

17. What is obesity? Explain the impact of yogic practices on obesity.

18. Explain the importance of a proper diet.
 19. Explain: (a) Progressive muscle relaxation (b) Yogic massage.
 20. What is neurosis? Explain the yogic treatment for neurosis.
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D-5068

Sub. Code

42623

DISTANCE EDUCATION

PG DIPLOMA IN YOGA EXAMINATION, MAY 2022.

Second Semester

YOGIC PRACTICES AND SOCIAL VALUES

(CBCS 2018 – 2019 Academic Year Onwards)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 2 = 20 marks)

Answer ALL questions

1. What is Asana?
2. Write any two benefits of Bakasana.
3. What is prana?
4. What is yogic enema?
5. Define meditation.
6. Define holistic health?
7. What is Adhi mudra?
8. What is Bandha?
9. Define stress.
10. Write note on social values.

PART B — (5 × 5 = 25 marks)

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

11. (a) Explain the technique of karna pidasana.

Or

(b) Describe the physiological benefits of nadi sudhi pranayama.

12. (a) Explain ujjayi pranayama.

Or

(b) Explain the technique of brahma mudra.

13. (a) What is kriya? Explain physiological benefits of kriyas.

Or

(b) Describe the technique of uddiyana bandha.

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

Or

(b) Explain the yoga meditation and introspection.

15. (a) Write short notes on leadership.

Or

(b) Explain anger management.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions

16. Write the benefits of marichyasana and paryankasana?
 17. Write note on: (a) Sutraneeti (b) Trataka.
 18. What is lesson plan? Explain the parts of lesson plan.
 19. Explain the technique of Rajayoga meditation.
 20. Explain living values related to yoga.
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