

D-1750

Sub. Code

42621

DISTANCE EDUCATION

P.G. DIPLOMA IN YOGA EXAMINATION, DECEMBER 2023.

Second Semester

METHODS 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. Draw Bhujangasana.
2. What are the limitations of Suryanamaskar?
3. Mention the benefits of Hastapadasana.
4. What are the variations of Parsavottanasana?
5. What are the benefits of Padmasana?
6. What means "Ardhamatsyendrasana"?
7. Define Makarasana.
8. Contraindication of Sarvangasana.
9. What are the cautions of Sarvangasana?
10. Draw Chakrasana.

PART B — (5 × 5 = 25 marks)

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

11. (a) Mention the notes about Dandasana.

Or

- (b) Narrate of the Techniques, Benefits and Contraindications of Ardhakatichakrasana.

12. (a) Draw of explain about Natarajasana.

Or

- (b) Method and Benefits of Pachimothasana.

13. (a) Explain about “Camel Posture”.

Or

- (b) Describe about “Cobra Pose”.

14. (a) Write the notes on Solabasana.

Or

- (b) Explain about Gomukasana.

15. (a) Describe about the “Halasana”.

Or

- (b) Write the notes on Shavasana.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Explain the brief notes on Suryanamaskar.
 17. Narrate the Tadasana.
 18. Brief explain about Parivritta Trikonasana.
 19. Describe the notes of crocodile Pose.
 20. Narrate the “Wheel Posture”.
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D-1751

Sub. Code

42622

DISTANCE EDUCATION

P.G. DIPLOMA IN YOGA EXAMINATION,
DECEMBER 2023.

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 Asana.
3. What is mean by Premenstrual Syndrome?
4. What is mean by Pranayama?
5. Define Meditation.
6. Define Yoga Nidra.
7. What is mean by Hypertension?
8. Write any two benefits of Yogic Diet.
9. What is mean by Obesity?
10. Define Organic Diet.

PART B — (5 × 5 = 25 marks)

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

11. (a) Explain in detail about the Types and benefits of Koshas.

Or

- (b) Discuss about the Role of Yogic practices on Abnormal Uterine Bleeding.

12. (a) Briefly explain about the risk factors for Heart disease.

Or

- (b) Narrate: (i) Ideology, Technology (ii) Foods to Eat, Foods to Avoid

13. (a) Explain about the Methods and Technique Relaxation.

Or

- (b) Write in detail about the Progressive muscle Relaxation.

14. (a) Narrate Insomnia.

Or

- (b) Discuss about the role of Yogic Practices for Amenorrhoea.

15. (a) Discuss about the Impact of Yogic Practices on Hypertension.

Or

- (b) Write in detail about some Pranayama for Anxiety.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Yoga is the Natural Cure for Back Pain” — Discuss.
 17. Write the differences between the Organic Diet and Yogic Diet.
 18. Briefly explain about the Physically, Mentally and Spirit with Yogic Diet.
 19. Discuss about the Reduction of Tension and Restoration of Pliability.
 20. Give some Personal views about the Inner Psychology to Success.
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D-1752

Sub. Code

42623

DISTANCE EDUCATION

P.G. DIPLOMA IN YOGA EXAMINATION, DECEMBER 2023.

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 mean by Mudra?
2. Define Anxiety.
3. What is meant by Bandha?
4. Define Meditation.
5. Write the parts of lesson plan.
6. Define Kriya.
7. Define Asana.
8. Define moral values.
9. Define personal skills.
10. What is mean by Etymology?

PART B — (5 × 5 = 25 marks)

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

11. (a) Explain about the technique and benefits of Karnapidasana.

Or

- (b) Describe the technique and benefits of Sarvangasana.

12. (a) Write in detail about the technique and benefits of Sadanta Pranayama.

Or

- (b) Write short notes on :

- (i) Adhi Mudra
(ii) Yoga Mudra.

13. (a) Narrate :

- (i) Chakra Meditation
(ii) Raja Yoga Meditation.

Or

- (b) Discuss about the :

- (i) Moral Values
(ii) Divine Values.

14. (a) Briefly explain about the symptoms and causes of stress.

Or

- (b) Explain about the difference ways of Conflict resolutions.

15. (a) Discuss about the Holistic Health Care.

Or

(b) Explain about the types of Communication.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Explain about the types of Nauli.
17. Discuss about the benefits of Nadi Shudi Pranayama.
18. Write in detail about the techniques and benefits of Garudasana.
19. Narrate the Yoga Lesson Plan for school Children.
20. Discuss about the Physiological and Psychological benefits of Marichyasana.
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