

D-1062

Sub. Code

42611

DISTANCE EDUCATION

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

First Semester

HISTORICAL DEVELOPMENT 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 mean by Yoga?
2. Write any two Concepts of Yoga from the Bible, Kuran
3. Define Cosmic Energy
4. Define Dyana
5. Define Agni Yoga
6. Write the Meaning of Nishkama Karma Yoga
7. Write any two Benefits of Jnana Yoga
8. Define Ahimsa
9. Write the meaning of Tapas
10. Define Asana

SECTION B — (5 × 5 = 25 marks)

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

11. (a) Discuss about the origin of Yoga.

Or

- (b) Write in detail about the Pre - Classical Yoga.

12. (a) Explain about the aims and objectives of Yoga.

Or

- (b) Write in detail about Buddhism

13. (a) Narrate :

- (i) Kaula Yoga
- (ii) Lambika Yoga

Or

- (b) Explain about the Benefits and Preventive measures of doing Asana.

14. (a) Define Yama and narrate the benefits of Yama.

Or

- (b) Write in detail about the benefits of Bhastrika Pranayama.

15. (a) Write in detail about the types of Pratyahara.

Or

- (b) Explain about the Misconceptions of Yoga.

SECTION C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Write in detail about the Types of Asanas
 17. Narrate the History of Yoga
 18. Write in detail about the “Thirumalar Thirumandiram”
 19. Explain about the technique and benefits of Ujjayi Pranayama
 20. Explain about the Glory of Bhagavad Gita
-

D-1063

Sub. Code

42612

DISTANCE EDUCATION

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

First Semester

PRINCIPLES OF YOGA 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 Yogic diet?
2. Explain – Positive thinking.
3. What is Yantra Yoga?
4. Define asana.
5. Write any two name of the balancing asanas.
6. Write any two name of the cultural asanas.
7. What is Dhouti?
8. What is Jalandhara bandha?
9. What is kriya?
10. Meaning of Meditation.

SECTION B — (5 × 5 = 25 marks)

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

11. (a) Explain the application of Mantra Yoga in detail.

Or

- (b) Describe the importance of astanga yoga in detail.

12. (a) Discuss about importance of Yoga for Athletes.

Or

- (b) Discuss about importance of yoga for football.

13. (a) Elaborate the biochemical benefits of Yoga.

Or

- (b) Mention the physiological benefits of Yoga.

14. (a) Describe the differences between yogasanas and physical exercises.

Or

- (b) Explain the methods of Breathing practices.

15. (a) Effects of Suryanamaskar on endocrime system.

Or

- (b) Describe the scientific benefits of Mudras.

SECTION C — (3 × 10 = 30 marks)

Answer any THREE questions

16. Explain the various methods of kriyas for healthy life.
17. Explain the methods of meditation and its benefits.

18. Explain any five forward bending asanas and its physiological benefits.
 19. Importance of Yoga for Archery and Gymnastics – Explain.
 20. Explain the benefits of yoga on various systems.
-

D-1064

Sub. Code

42613

DISTANCE EDUCATION

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

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 the questions.

1. What is Smooth muscle?
2. What is epithelial tissue?
3. Define expiration.
4. Write any two contraindication of sutra neti.
5. What is Agnisara Kriya?
6. Define Basti.
7. What is pranayama?
8. Define Meditation.
9. Define Nadis.
10. Define Chest cage.

SECTION B — (5 × 5 = 25 marks)

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

11. (a) List down the functions of Joints and ligaments.

Or

- (b) Describe the yogasanas on sensory system.

12. (a) Explain the effects of Yoga on digestive system.

Or

- (b) Describe the physiological benefits of bandhas.

13. (a) List down the functions of kidneys.

Or

- (b) Describe the physiological benefits of Mudras.

14. (a) Write down the benefits of Meditation.

Or

- (b) Write short notes on Trataka.

15. (a) Describe the methods of dhanti and its benefits.

Or

- (b) Describe psycho–neuro immunology.

SECTION C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Explain the functions of lungs.
17. Explain the functions of muscular system.

18. Write down the effect of yogasana on endocrine system.
 19. Explain the effect of yogasana on hematological benefits.
 20. Explain the methods of kriyas and their benefits.
-

D-1065

Sub. Code

42621

DISTANCE EDUCATION

P.G. DIPLOMA IN YOGA EXAMINATION, MAY 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. Define Suryanamaskar.
2. What is mean by Asana?
3. Write any two Benefits of Bhujangasana.
4. Write any two Physiological Benefits of Utkatasana.
5. Define Meditation.
6. Write any three Benefits of Makarasana.
7. Sketch the picture of Trikonasana.
8. List down the names of Sitting Asanas and explain any two
9. Write down the Limitation of Suryanamaskar.
10. What is mean by Yogasanas?

PART B — (5 × 5 = 25 marks)

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

11. (a) Explain any three Prone posture Asana with diagram and Benefits.

Or

- (b) Explain about the Technique of Natarajasana.

12. (a) Write the Techniques and Benefits of Ardha Chakrasana.

Or

- (b) Explain about the Contraindication asanas of Ekapadasana.

13. (a) Explain the Method of practice and Benefits of Padmasana.

Or

- (b) Discuss about the Types of Asanas with example.

14. (a) Describe the Benefits of Ardhamatsyendrasana.

Or

- (b) Discuss about the Benefits of Suryanamaskar and Mantras.

15. (a) Narrate the Types of Meditation.

Or

- (b) Narrate: Vajrasana and Parsvottanasana.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Briefly Explain about the Suryanamaskar.
 17. Write in detail about the Meditative Asana.
 18. Describe the benefits, Caution and Techniques of Salabasana.
 19. Explain in detail about the Method of Practice in Makarasana.
 20. Write the Technique and Benefits of Parivritta Parsvakonasana.
-

D-1066

Sub. Code

42622

DISTANCE EDUCATION

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

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. Define Human body.
2. Define Asana.
3. What is mean by Yoga?
4. Define Obesity.
5. What is mean by Yogic Diet?
6. Define Anxiety.
7. Define Meditation.
8. What is mean by Phobia?
9. Define Stress.
10. Define Massage.

PART B — (5 × 5 = 25 marks)

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

11. (a) Discuss about the Yogic Concept of Human body.

Or

- (b) Explain about the Role of Yogic Practices on Arthritis.

12. (a) Write in detail about the Types of Diabetics.

Or

- (b) Explain about the Mindfulness Meditation.

13. (a) Explain about the Role of Yogic Practices on Menstrual disorder.

Or

- (b) Write in detail about the Stages of Mind.

14. (a) Narrate the Social Value of Yoga.

Or

- (b) Explain in detail about the Yoga for Neurosis.

15. (a) Narrate Anna Yoga.

Or

- (b) Narrate Organic diet.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Briefly explain about the Role of Yogic Practices on Back pain.
 17. Discuss about the Technique and benefits of YogaNithra.
 18. Briefly explain about the Autogenic Relaxation.
 19. Write in detail about the Three Gunas and Fasting.
 20. Narrate the application of Yogic Techniques on Fatigue.
-

D-1067

Sub. Code

42623

DISTANCE EDUCATION

P.G. DIPLOMA EXAMINATION, MAY 2023.

Second Semester

Yoga

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. Define Asana.
2. Define Pranayama.
3. Define Meditation.
4. What is mean by Bandhas?
5. Write any two Mudras.
6. Define Neti.
7. What is mean by Conflict?
8. Write any two benefits of Bakasana.
9. What is mean by Maha Mudra?
10. Define Chakra.

PART B — (5 × 5 = 25 marks)

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

11. (a) Narrate the Types of Bandhas.

Or

- (b) Narrate Poorna Ustrasana.

12. (a) Explain about the benefits of Marichyasana.

Or

- (b) Write in detail

- (i) Padma mayurasana
(ii) Utthitha Padmasana

13. (a) Explain about the Physiological benefits of Urdhva muka Paschimottanasana.

Or

- (b) Write in detail about the Technique and benefits of Chinmaya mudra.

14. (a) Write in detail about the Types and Functions of Communication.

Or

- (b) Discuss about the Technique and benefits of Vatayanasana.

15. (a) Narrate

- (i) Stress Management
(ii) Anger Management.

Or

- (b) Discuss about

- (i) Surya Bhedana Pranayama
(ii) Sadanta Pranayama

PART C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Define Stress and briefly explain about the Causes and Syndrome of Stress.
 17. Explain about the Techniques of Nadi Sudhi Pranayama with diagram.
 18. Briefly explain about the Jalandhara Bandha and Uddiyana Bandha.
 19. Narrate the Parts of Lesson plan in Yoga Meditation.
 20. Explain about the Physiological and Psychological benefits of Karnapidasana.
-