Post Graduate Diploma in Yoga Education 1ˢᵗ Semester Examination- 2019-20
HISTORICAL DEVELOPMENT AND TRADITION OF YOGA
First Paper (PGDYE-101)

ASSIGNMENT

(To be submitted by 9ᵗʰ November, 2019)

Full Marks - 100   *Weightage of marks: 20%*

The figures in the margin indicate full marks.

Candidates are required to give their answers in their own languages as far as practicable.

1. Answer *any ten* Questions from the following :   2×10=20

    a) According to Sage Patanjali, write the aim of Yoga.
    b) Define Yoga according to Patanjali's Yoga Sutra.
    c) What do you know about Muladhara Chakra ?
    d) Write the opening prayer of Ishabashya Upanishad.
    e) Write the sutra, 2/48 of Srimad Bhagabad Gita.
    f) Discuss about Pratyahara.
    g) Write a short note on Sidhasana.
    h) Mention the action and location of VyanaVayu.
    i) What is the first step of Suryanamaskara ?
    j) Define Meditation.
    k) Write a short note on Rishi Aurobinda's view on Yoga.
    l) Which are the six major enemies of Human life ?

2. Answer *any Six* Questions from the following :   10×6=60

    a) Write a note on the Brahma Kumaris Meditation technique.
    b) Make an essay on Shat Karma from Gheranda Samhita.
    c) According to Raja Yoga, Explain about Yama and Niyama.
    d) Interpret the Bhakti yoga and Bhakta from Bhagavad Gita.
    e) Throw some light on Ishabashya Upanishad.
    f) Elucidate 'Klesha'.
    g) Mention the eight Mudras out of ten from Hatha Yoga Pradipika.
    h) Discuss the eight Kumbhakas from HYP.
    i) Which are the success and failures in yoga? Mention yoga hermitage.

3. Answer *any one* Question from the following :   20×1=20

    a) Discuss in detail about Gheranda Samhita.
    b) Write down the concept of four streams of Yoga.

Post Graduate Diploma in Yoga Education 1ˢᵗ Semester Examination- 2019-20
YOGA AND MENTAL HEALTH
Second Paper (PGDYE-102)

ASSIGNMENT

(To be submitted by 9ᵗʰ November, 2019)

Full Marks - 100   *Weightage of marks: 20%*

The figures in the margin indicate full marks.

Candidates are required to give their answers in their own languages as far as practicable.

1. Answer *any ten* Questions from the following :   2×10=20

    a)   Briefly explain normality.
    b) Write on Sheldon's classification of personality.
    c) What is schizophrenia?
    d) What is wellness cycle?
    e) What are the causes of 'Anorexia Nervosa?
    f) What is the basic cause of Arthritis?
    g) List the various psychic forces of human behavior.
    h) Explain Eustress.
    i) Explain the characteristics of Sattva-guna.
    j) What is status offence?
    k) Define 'Yoga Psychology'.
    l) Define Mental Health.

2. Answer *any Six* Questions from the following :   10×6=60

    a) List various problems faced by old people.
    b) Narrate the causes, symptoms and consequences of stress.
    c) What is aging process? How aging process can be solved down by Yogic method of activities?
    d) How eight limbs of Raja Yoga appropriate for reducing social problems?
    e) What is psychosomatic disorder?
        Explain diabetes including the basic underlying reasons of occurring diabetes.
    f) List different determinants of health. Explain any two determinants with example.
    g) Explain each type of Anxiety with examples.
    h) Write note on causes and symptoms of depression.
    i) Explain how different Yogic methods and activities help to develop inter-personal adjustment?

3. Answer *any one* Question from the following :   20×1=20

    a) Explain 'Pancha Kosha'. How psychosomatic disorder disturbs 'Pancha Kosha'?
    b) Explain Freud's Psychoanalytic theory of Personality in detail.

Post Graduate Diploma in Yoga Education 1st Semester Examination- 2019-20
CULTURE, SYNTHESIS AND VALUE EDUCATION
Third Paper (PGDYE-103)

ASSIGNMENT

(To be submitted by 9th November, 2019)

Full Marks - 100   *Weightage of marks: 20%*

The figures in the margin indicate full marks.

Candidates are required to give their answers in their own languages as far as practicable.

1. Answer *any ten* Questions from the following :   2×10=20

    a) Define 'Philosophy'.
    b) What is Hatha Yoga?
    c) Define Value Education.
    d) How many chapters and slokas are there in Srimad Bhagvad Gita?
    e) What is Asteya and what is Tapah ?
    f) Write the names of few modern Yogis.
    g) Write few names of HathaYogic texts with their respective author.
    h) Define Culture and Civilization.
    i) What is Antaranga Sadhan in Yoga ?
    j) Define 'Yoga'.
    k) Who are the authors of Ramayana and Mahabharata ?
    l) Write down the names of nine Indian Philosophy.

2. Answer *any Six* Questions from the following :   10×6=60

    a) Elucidate the role of a Teacher for developing Value Education in School.
    b) Discuss the concept of 'Cosmology' according to Sankhya Philosophy.
    c) What are the characteristics of Indian Philosophy?
    d) Discuss the contribution of Swami Vivekananda in the field of Yoga.
    e) Elaborate the concept of 'Panchakosha'.
    f) Elucidate the role of 'Kriya Yoga' and 'Ashtanga Yoga' towards the Value Education.
    g) Describe Yoga and its relation with Buddhism, Islam & Christianity.
    h) What is religion? Define Culture and Civilization with example.

3. Answer *any one* Question from the following :   20×1=20

    a) Discuss the concept of 'Purushartha' and 'Triguna theory'.
    b) Discuss the contribution of 'Swami Kuvalayananda' in the field of Yoga.

Post Graduate Diploma in Yoga Education 1st Semester Examination- 2019-20
Fourth Paper (PGDYE-104)
<u>PRACTICAL ASSIGNMENT</u>

Full Marks - 100

(To be submitted on the day of Practical Examination)

The figures in the margin indicate full marks.

Candidates are required to give their answers in their own languages as far as practicable.

A. Explain *any six* **asanas** with techniques, benefits & precautions: $6\times10 = 60$

1) Sarvangasana.
2) Pawanmuktasana.
3) Dhanurasana.
4) Vakrasana.
5) Ushtrasana.
6) Trikonasana.
7) Brikshasana.
8) Padahastasana.

B. Write on the following **Pranayamas** with their techniques, benefits, precautions: $2\times10 = 20$

1) Bhramari Pranayama.
2) Shitkari Pranayama.

C. Write about the following **Kriya** : $1\times10 = 10$
1) Kapalbhati (Techniques, benefits, precautions)

D. Write on the following **Prayers** in brief : $2\times5 = 10$
1) Om Sahanababatu   (With Meaning).
2) Om Purnamadah Purnamidam (With Meaning).