

Post Graduate Diploma in Yoga Education, 2016

Semester-I

Course – T 1.1

(Foundation of Yoga)

Time: 3 Hours

Full Marks – 40

Questions are of value as indicated in the margin.

Attempt all questions taking one from each unit

Unit- I

1. What is meant by the term Yoga? Explain the relevance of Yoga in 21st century. (08)
or
Explain briefly Nama Yoga and its effectiveness in attainment of the highest goal.

Unit – II

2. Give a general account of the Vedic period. (08)
or
Explain the Jain view of Tri-ratna (Ratnatraya).

Unit – III

3. Give an account of the Upanisadic teaching. (08)
or
Yogahs cittavotti nirodha - in this light answer in brief i) What is citta? ii) What is vr̥tti? iii) What are the cittavétti-s? iv) What is nirodha?

Unit – IV

4. Explain briefly the eight-fold path of Yoga. (08)
or
Bhakti Yoga also leads to the highest goal of life – Explain.

Unit – V

5. Explain the role of Yoga in attaining physical fitness or wellbeing. (08)
or
Explain the role Yoga is playing in the developments of spiritual and social life.

Post Graduate Diploma in Yoga Education, 2016

Semester - I

Course – T 1.5

(Steps in Yoga)

Time: 3 Hours

Full Marks – 40

Questions are of value as indicated in the margin.

Attempt all questions taking one from each unit.

Unit – I

1. Define shatkarma and its types. Explain the Techniques and benefits of Dhauti. (2+2+4 = 08)

or

“Ahimsa-satya asteyabramacary a parigraha yamah” – Explain as per Patanjali yoga sutra in your own words. (08)

Unit – II

2. Define and classify Asanas. Write down in detail the general guide line for practicing yogic Asanas. (2+2+4 = 08)

or

Write down the techniques and benefits of – (*any two*): (2x4= 08)

- a) Paschimuttasana
- b) Halasana
- c) Vrikshasana
- d) Sirshasana

Unit – III

3. Define Pranayama and its types. Explain the technique of any one Pranayama. (2+2+4 = 08)

or

Write short notes on - (*any two*) (2x4 = 08)

- a. General notes for Pranayama practitioner
- b. Technique of Anulom-vilom Pranayama
- c. Technique and benefits of Bhamri Pranayama

Unit – IV

4. What do you mean by Bandha. Write down its types. Explain the techniques of any one Bandha. (2+2+4 = 08)

or

Write short notes on Mudra and Pratyahara. (4+4 = 08)

Unit – V

5. Define Meditation and write down its benefits. (08)

or

Explain the concept of Dharana and Samadhi. (4+4 = 08)

Post Graduate Diploma in Yoga Education, 2016

Semester - I

Course – T 1.3

(Anatomy and Physiology)

Time: 3 Hours

Full Marks – 40

Questions are of value as indicated in the margin.

Attempt all questions taking one from each unit.

Unit – I

1. What is “Cell”? What do you understand by ‘Anatomy’ and ‘Physiology’? How does human body is organized from anatomical point of view? (1+2+5= 08)

or

Write notes on *any two* of the following: (2x4 = 08)

- a) Classification of joints with diagram.
- b) Function of Bones.
- c) Types of Muscles with diagram.

Unit – II

2. Write a brief note on organization of the human Nervous system? (08)

or

Write notes on *any two* of the following: (2x4 = 08)

- a) Functions of Sensory nerves.
- b) Functions of Motor nerves.
- c) CNS and Yogasana.

Unit – III

3. Draw a diagram of the heart and label. What are the functions of the heart? (4+4= 08)

or

Write notes on *any two* of the following: (2x4 = 08)

- a) Factors influencing heart rate and blood pressure.
- b) Structure of the Respiratory system.
- c) Major arteries of human body.

Unit – IV

4. Draw a diagram of the Alimentary tract and accessory organs of digestion and briefly describe their functions? (08)

or

Describe the human Kidney with its functions. (08)

Unit – V

5. What is “Endocrine gland”? Name the endocrine glands with their related hormones. (2+6= 08)

or

Describe the Pancreas and its functions. (08)

Post Graduate Diploma in Yoga Education, 2016
Semester - I
Course – T 1.4
(Human Psychology)

Time: 3 Hours

Full Marks – 40

Questions are of value as indicated in the margin.

Attempt all questions taking one from each unit.

Unit – I

1. Define the term Psychology. Distinguish between growth and development. Briefly describe any one stage of growth and development. (2+2+4= 08)

or

Define 'Memory'. What do you mean by encoding? Explain with an example. What are different types of memory? (2+2+4= 08)

Unit – II

2. Explain the term 'Motivation'. What are the different types of motivation? Describe each with appropriate examples. (2+6= 08)

or

Discuss the concept of personality. What are the factors that influence the development of personality? (2+6= 08)

Unit – III

3. What are the determinants of attention? (08)

or

What are the characteristics of an intelligent person? (08)

Unit – IV

4. What do you mean by learning? Discuss the factors of learning? (2+6= 08)

or

What do you mean by individual differences? What are the various causes of individual differences? (2+6= 08)

Unit – V

5. Explain the various symptoms of stress. What are the various strategies to manage stress? (4+4= 08)

or

What do you mean by 'Anxiety'? Discuss the various strategies of coping with anxiety. (2+6=08)

Post Graduate Diploma in Yoga Education, 2016
Semester - I
Course – T 1.2
(Yogic Texts)

Time: 3 Hours

Full Marks – 40

Questions are of value as indicated in the margin.
Attempt all questions taking one from each unit.

Unit – I

1. Discuss the concept of Yoga in Upanishad. (08)
or
Discuss the concept of Yoga in Gita. (08)

Unit – II

2. Describe in detail about the “Yogahs cittavrtti nirodha”. (08)
or
Discuss in detail about the “Astanga Yoga”. (08)

Unit – III

3. How Asana has been described in Hathapradipika? Discuss. (08)
or
How Pranayama has been described in Hathapradipika? Discuss. (08)

Unit – IV

4. Write a brief history about Basistha Samhita. (08)
or
Write your views about the Yoga in Basistha Samhita. (08)

Unit – V

5. Write a brief description about Yoga in Gharanada samhita. (08)
or
Write a brief description about Yoga in Shiva Samhita. (08)
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