

**Post Graduate Diploma in Yoga Education 1<sup>st</sup> Semester Examination- 2017–18**  
**HISTORICAL DEVELOPMENT AND TRADITION OF YOGA**  
**First Paper (PGDYE-101)**

**ASSIGNMENT**

*(To be submitted by 28<sup>th</sup> October, 2017)*

**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
    - a) What is the aim of Yoga?
    - b) Write the Scope of Yoga at physical level.
    - c) According to Swami Vivekananda, how many yoga's are mentioned?
    - d) Write down the names of chakras.
    - e) Mention two types of asanas.
    - f) Mention three main nadis.
    - g) Mention five major pranās.
    - h) Write the name of two epics and mention their yogic heroes.
    - i) Write a short note about Jnana Yoga.
    - j) Write about dukhas.
    - k) Write a short note about Transcendental Meditation.
    - l) Define Pranayama (According to Patanjali).
  
  2. Answer **any Six** Questions from the following : 10×6
    - a) Write the meaning, definition and origin of Yoga.
    - b) Write about Raja Yoga.
    - c) Discuss about Bhakti Yoga.
    - d) What do you know about Bandhas?
    - e) Write in brief the summary of each chapters of Bhagavad Gita.
    - f) Write the Suryanamaskara and its steps.
    - g) According to Patanjali, What is Kriya-Yoga?
    - h) Write down the meaning and types of Mudras.
    - i) Write about Gheranda Samhita.
  
  3. Answer **any one** Question from the following : 20×1
    - a) Write about Hatha yoga and Hatha Yoga Pradipika.
    - b) Write the meaning, definition and benefits of Meditation.
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**Post Graduate Diploma in Yoga Education 1<sup>st</sup> Semester Examination- 2017–18**  
**YOGA AND MENTAL HEALTH**  
**Second Paper (PGDYE-102)**

**ASSIGNMENT**

*(To be submitted by 28<sup>th</sup> October, 2017)*

**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
    - a) Define Mental Health.
    - b) What is normality?
    - c) List different types of personality theories.
    - d) What is ego?
    - e) Define Eustress.
    - f) State the concept of psychosomatic disease.
    - g) Differentiate between Anxiety and stress.
    - h) What is the relation between anxiety and productivity?
    - i) Explain yoga psychology.
    - j) How does Calorie Restriction (CR) is related with aging process?
    - k) List the various Social problems.
    - l) What is catatonic schizophrenia?
  
  2. Answer **any Six** Questions from the following : 10×6
    - a) Narrate the causes, symptoms and consequences of depression.
    - b) What are the factors responsible for criminal behavior? Explain each factor with example.
    - c) Explain each type of anxiety with example.
    - d) List various problems faced by old people and explain each of them in detail.
    - e) Discuss on causes and symptoms of stress.
    - f) Explain Freud's psychoanalytic theory of personality.
    - g) How does Astanga yoga reduces anxiety and stress?
    - h) Explain how different yogic methods help to develop personal and interpersonal adjustment.
    - i) List different determinants of health. Explain each determinant with example.
  
  3. Answer **any one** Question from the following : 20×1
    - a) What is 'Pancha Kosha'? How psychosomatic disorder disturbs 'Pancha Koshas'? Explain the yogic methods that tackle psychosomatic disorders like (i) Diabetes and (ii) Headache.
    - b) List various problems faced by school children and college students. How yoga can help to remove those problems?
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**Post Graduate Diploma in Yoga Education 1<sup>st</sup> Semester Examination- 2017–18**  
**CULTURE, SYNTHESIS AND VALUE EDUCATION**  
**Third Paper (PGDYE-103)**

**ASSIGNMENT**

*(To be submitted by 28<sup>th</sup> October, 2017)*

**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
    - a) Give a brief definition of culture.
    - b) What do you mean by yoga culture?
    - c) What are the six theistic schools of Indian Philosophy?
    - d) Name the four yogas propounded by the Bhagavat Gita.
    - e) Define religion after Swami Vivekananda.
    - f) What do you mean by Kriya-Yoga?
    - g) Name two basic texts of Hatha-yoga.
    - h) Name two asanas.
    - i) Mention two objectives of imparting value education.
    - j) Mention one social value according to Patanjali.
    - k) What do you mean by self?
    - l) Mention the name of two Puranas.
  
  2. Answer **any Six** Questions from the following : 10×6
    - a) Briefly describe how culture is intimately integrated with civilization.
    - b) Elucidate the ontological view of Samkhya philosophy.
    - c) Give your acquaintance with the main characteristics of Indian Philosophy.
    - d) Narrate the contribution of Swami Vivekananda in the field of yoga.
    - e) Explain the concept of values and their roles in society.
    - f) Discuss why and how would you choose and apply yoga as a method of Value Education.
    - g) Do you think yoga to have any relationship with mysticism? – Discuss with evidences.
    - h) Write a note on Triguna theory.
    - i) Discuss the concept of self with influence to Panchakosa.
  
  3. Answer **any one** Question from the following : 20×1
    - a) Discuss the Astanga yoga according to Patanjali.
    - b) Discuss the significance and importance of imparting value education in schools.
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