

Post Graduate Diploma in Yoga Education 2nd Semester Examination- 2017-18
ANATOMY & PHYSIOLOGY OF YOGIC PRACTICES
Fifth Paper (PGDYE-105)

ASSIGNMENT

(To be submitted by 22nd April, 2018)

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 are the functions of nucleus?
 - b) Name the specific connective tissue type that are found in i) ear pinna, ii) covering the ends of bones at joint surface, iii) main component of subcutaneous tissue, iv) forming soft packing around organs
 - c) Enlist the bones of lower limb.
 - d) What are the different types of synovial joint?
 - e) What are the chief muscle proteins?
 - f) State the functions of parasympathetic nervous system.
 - g) What is pulmonary ventilation?
 - h) State the functions of thyroid gland.
 - i) What is tubular reabsorption?
 - j) What is secondary sexual character?
 - k) What are the functions of bile?
 - l) State the sources of any four vitamins.

 2. Answer **any six** Questions from the following : 10×6
 - a) Define a cell and discuss the microscopic structure of a human cell.
 - b) Briefly state the transmission of nerve impulse across the neuromuscular junction.
 - c) Discuss briefly the effect of participation in long term yogic practices on circulatory system.
 - d) State the organs of respiration and discuss the process of internal and external respiration.
 - e) Define hormone. State the functions of any three endocrine glands.
 - f) Describe the structure of a nephron. What are the functions of Kidney?
 - g) State the different digestive glands indicating their location, Product of secretion and functions.
 - h) State the importance of carbohydrate, fat, protein, minerals and water in our diet.
 - i) Briefly state the mechanism of hearing.

 3. Answer **any one** Question from the following: 20×1
 - a) 'Yoga is a way of life' – in respect of this statement, discuss how yogic practices may positively influence physiological process.
 - b) 'Respiration and circulation are the two sides of the same coin' — in respect of this statement discuss influence of yoga on these systems.
-

Post Graduate Diploma in Yoga Education 2nd Semester Examination- 2017-18
YOGA THERAPY
Sixth Paper (PGDYE-106)

ASSIGNMENT

(To be submitted by 22nd April, 2018)

Full Marks - 50

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. Write short notes on **any five** Questions from the following : 2×5
 - a) Deep breathing during walk-Bhraman pranayama.
 - b) Agnisara dhouti.
 - c) Paban Muktasana Part-III.
 - d) Laghoo Sankhapraksalana.
 - e) Quick Relaxation technique.
 - f) Insulin dependent diabetes mellitus.
 - g) Pitta.

 2. Answer **any four** Questions from the following : 10×4
 - a) Write an essay on the five layers of existence (Pancha Kosha) of human being.
 - b) Mention the meaning and definition of Osteo-arthritis. Write its yogic management with causes and symptoms.
 - c) What do you know about menstrual disorder? Write the causes, symptoms and yogic treatment of menstrual disorders.
 - d) Explain about insomnia and its symptoms, causes and yogic treatment.
 - e) Discuss the phases of consciousness.
 - f) Write the need and importance of yoga therapy.
-

Post Graduate Diploma in Yoga Education 2nd Semester Examination- 2017-18
TEACHING METHOD OF YOGIC PRACTICE
Seventh Paper (PGDYE-107)

ASSIGNMENT

(To be submitted by 22nd April, 2018)

Full Marks - 50

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 five** Questions from the following: 2×5
 - a) Define teaching and learning.
 - b) List the student-centered teaching methods.
 - c) What is the sequence learning?
 - d) What is written material in teaching aids?
 - e) Define lesson plan with its types.
 - f) What is the need of lesson plan?
 - g) Explain utility value of Sociological principles of yogic method of teaching.

 2. Answer **any four** Questions from the following: 10×4
 - a) What are the technical and personal preparations a teacher needs to take while teaching yoga on an open field with large number of students?
 - b) List the maxim of teaching. Narrate the factors influencing method of teaching in yogic practices.
 - c) Differentiate between Traditional method and innovative method of teaching with examples, types and diagrams wherever necessary.
 - d) Briefly explain the principles of Class Management.
 - e) Draw an outline for organizing Yoga Competition including administrative, logistic and technical arrangement.
 - f) Narrate the sources of Anatomico – physiological principle of teaching method.
-

Post Graduate Diploma in Yoga Education 2nd Semester Examination- 2017 – 18
Practicum : Mudras, Kriyas, Recitations and Meditation
Eighth Paper (PGDYE-108)

ASSIGNMENT

(To be submitted on the day of 2nd Semester Practical Examination)

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

ASANA

5x6 = 30

- 1) SHIRSHASANA
- 2) MAYURASANA
- 3) VEERBHADRASANA
- 4) GARUDASANA
- 5) BAKASANA
- 6) MARICHASANA

PRANAYAMA

5x2 = 10

- 1) BHASTRIKA PRANAYAMA
- 2) UJJAYI PRANAYAMA

BANDHA

5x3 = 15

- 1) JIVA BANDHA
- 2) UDDIYAN
- 3) JALANDHAR

MUDRA

5x3 = 15

- 1) CHIN MUDRA
- 2) SHANMUKHI MUDRA
- 3) BHAIKAVA MUDRA

KRIYA

- 1) KAPALBHATI : IT'S TYPE AND TECHNIQUE . 10
- 2) WHAT IS MEDITATION ? ITS TYPE AND TECHNIQUE. 20
