

**Post Graduate Diploma in Yoga Education, 2<sup>nd</sup> Semester Examination- 2019-20**  
**Anatomy and Physiology of Yogic Practices**

**Fifth Paper (PGDYE 105)**

**ASSIGNMENT**

*(To be submitted by 13<sup>th</sup> June, 2020)*

**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) What are DNA & RNA?
  - b) Enlist the bones of the upper limb.
  - c) What are thrombocytes?
  - d) What is the difference between artery and vein?
  - e) What is alveoli and its main function?
  - f) Define VO<sub>2</sub> max.
  - g) Why pancreas is called double gland?
  - h) what are the functions of Bile?
  - i) What are fat soluble vitamins? State their sources.
  - j) State the hormones secreted by the adrenal gland.
  - k) State possible movements of knee and shoulder joints.
  - l) What are the sensory organs of hearing present in the internal ear?
  
2. Answer any **six** questions from the following: 10×6=60
  - a) Define cell and describe microscopic structure of a human cell.
  - b) Discuss the microscopic structure of a skeletal muscle fiber.
  - c) Describe neuromuscular junction and briefly state the process of transmission of nerve impulse.
  - d) Discuss composition and functions of blood.
  - e) What are the digestive glands? State their location, product of secretion and brief functions.
  - f) Discuss briefly the internal and external respiration.
  - g) Describe the structure and function of nephron. State the factors responsible for urine formation.
  - h) What are the components of a balanced diet? State briefly the functions of each component.
  - i) State the hormones secreted by male and female reproductive organs and mention the functions of each hormone.
  
3. Answer any **one** question from the following: 20×1=20
  - a) “Yogic practices or exercises generate great functional load to circulatory and respiratory systems of our body” - discuss how these two systems adapt its functioning with the stress of yogic practices or exercises.
  - b) “Philosophy of Yoga is based on the basic principles of anatomy and physiological sciences” - discuss.

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**YOGA THERAPY**  
**Sixth Paper (PGDYE-106)**

**ASSIGNMENT**

*(To be submitted by 13<sup>th</sup> June, 2020)*

*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=10
    - a) Yoga therapy.
    - b) Hypertension.
    - c) Subconscious mind.
    - d) Psychosomatic disorder.
    - e) Frozen Shoulder.
    - f) Diabetes.
    - g) Coronary disease.
  
  2. Answer any **four** questions from the following: 10×4=40
    - a) Write the history, principle and methods of **Naturopathy**.
    - b) Discuss **Obesity** and its yogic treatment.
    - c) Elucidate the **Panchakarma** treatment and its benefits.
    - d) Mention the definition, causes, sign & symptoms of **Stress** and yogic treatment for **Stress Management**.
    - e) Write the definition, causes, sign & symptoms and yogic treatment of **Hypertension**.
    - f) Explain what are the causes of **Disease** according to **Ayurveda**?
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**Teaching Method of Yogic Practice**

**Seventh Paper (PGDYE-107)**

**ASSIGNMENT**

*(To be submitted by 13<sup>th</sup> June, 2020)*

**Full Marks - 50**

**Weightage of marks: 20%**

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*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=10
    - a) What is manipulative material in teaching aids?
    - b) List the type of planning in relation to Lesson Plan.
    - c) Define ‘Teaching’ and ‘Teaching Methodology’.
    - d) List the teacher-centered teaching method.
    - e) List various equipment required for organizing yoga championship.
    - f) What are the limitations of text-book method of teaching?
    - g) Define management and class management.
  
  2. Answer any **four** questions from the following: 10×4=40
    - a) List the factors affecting method of teaching in yogic practices and describe each factor.
    - b) Narrate necessary technical preparation and personal preparation required for teaching yogic activities.
    - c) Draw a general proforma of a lesson plan while teaching Meditation.
    - d) Describe in detail about five Herbartian steps of a lesson plan.
    - e) How can teaching aids be justified in teaching of yogic activities?
    - f) Describe various principles of class management.
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