

Post Graduate Diploma in Yoga Education 2nd Semester Examination- 2016 – 17
ANATOMY & PHYSIOLOGY OF YOGIC PRACTICES
Fifth Paper (PGDYE-105)

ASSIGNMENT

(To be submitted by 23rd April, 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) With examples state the different types of tissue.
 - b) What are the functions of Centrosome and Mitochondria?
 - c) Enlist the bones of vertebral column.
 - d) Classify different types of bone of the human skeleton.
 - e) Classify different types of muscles of the human body.
 - f) Enlist the organs of respiratory system.
 - g) What are the water soluble vitamins?
 - h) What is blood pressure and how it is measured?
 - i) What is an action potential?
 - j) State about 'Pace maker' of heart.
 - k) What is meant by oxygen uptake capacity?
 - l) What is special senses and in which organs they are located.

 2. Answer **any six** Questions from the following : 10×6
 - a) Define a joint and classify the joints, with example from human skeleton.
 - b) Describe the human heart and state the process of circulation through heart.
 - c) Discuss the possible changes that may occur in the respiratory mechanism following long term participation in yogic practices.
 - d) Describe the gastro intestinal tract. What are the accessory glands that help the process of digestion?
 - e) Discuss briefly the structure of kidney. State how urine is formed.
 - f) State the components of balanced diet. What are the functions of macro and micro nutrients?
 - g) Discuss briefly the mechanism of muscle contraction.
 - h) Define endocrine gland. Enlist the chief endocrine glands and their respective product of secretion.
 - i) What is autonomic nervous system? Is yogic practice has any influence on the functioning of autonomic nervous system.

 3. Answer **any one** Question from the following: 20×1
 - a) Yogic practices may make crucial difference in physiological adaptation of the functioning of the body. — Discuss.
 - b) 'Yoga is a way of life' – in respect of this statement, discuss why Anatomy and Physiology is taught in any academic course relating to yoga.
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Post Graduate Diploma in Yoga Education 2nd Semester Examination- 2016 – 17
YOGA THERAPY
Sixth Paper (PGDYE-106)

ASSIGNMENT

(To be submitted by 23rd April, 2017)

Full Marks - 50

Weightage of marks: 10%

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 four** Questions from the following : 10×4
 - a) What is Concept of Yogic therapy?
 - b) Write about Yogic concept of disease (The Science of Illness).
 - c) Give the introduction and history of Nature cure and what is the basic principle of Nature cure?
 - d) Write the symptoms, causes and Yogic treatment of asthma.
 - e) What is the high blood pressure? Write the causes, symptoms and Yogic treatment of high blood pressure.
 - f) Explain about anxiety and depression. Which types, Yogic treatment need to control them?

 2. Answer **any five** Questions from the following : 2×5
 - a) Back pain.
 - b) Prana vayu.
 - c) Pachaka pitta.
 - d) Rasana shleshma.
 - e) Symptoms of indigestion.
 - f) Vijnanamaya kosa – knowledge body.
 - g) Non-insulin dependent diabetes mellitus.
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Post Graduate Diploma in Yoga Education 2nd Semester Examination- 2016 – 17
TEACHING METHOD OF YOGIC PRACTICE
Seventh Paper (PGDYE-107)

ASSIGNMENT

(To be submitted by 23rd April, 2017)

Full Marks - 50

Weightage of marks: 10%

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) Differentiate between Traditional method of Teaching and Innovative Method of Teaching.
 - b) Mention various parts of Teaching Methodology in diagrammatic chart.
 - c) Explain Technical preparation and personal preparation while taking class.
 - d) What is Manipulative material in relation to teaching aids?
 - e) What are the precautions are to be taken while teaching asanas working on and through Visceroceptors.
 - f) Differentiate between Asanas and Exercises.
 - g) What is the scope of teaching method in yogic practices?

 2. Answer **any four** Questions from the following: 10×4
 - a) What are those principles that a yoga teacher should keep in mind?
 - b) How do you define 'Class Management'? What are those points to be kept in mind for a good Class Management?
 - c) Explain in details on the sources of Teaching Method based on psychological principles and Anatomic-Physiological principles.
 - d) Narrate on the procedures of organization and administration of Yoga Competition.
 - e) Prepare one lesson plan for each of any one 'Balancing Asana' and any one 'Meditative Asana'.
 - f) What are the advantages of Teaching Aids? Explain with examples of various kinds of Teaching Aids associated with Yogic activities.
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