

Post Graduate Diploma in Yoga Education 1st Semester Examination- 2016 – 17
HISTORICAL DEVELOPMENT AND TRADITION OF YOGA
First Paper (PGDYE-101)

ASSIGNMENT

(To be submitted by 8th November, 2016)

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 Yoga briefly.
 - b) What is Hatha Yoga?
 - c) Mention at least two benefits of meditation.
 - d) Mention two differences between Asanas and Exercises.
 - e) Mention at least two precautions to be undertaken while undergoing Yogic practices.
 - f) List the names of Chakras.
 - g) What is Shat Kriyas?
 - h) What do you mean by ‘Vipassana’?
 - i) What are the ‘Pramanas’ according to Yoga philosophy of Patanjali?
 - j) What is ‘Viparjaya’ according to Patanjali?
 - k) What is Gheranda Samhita?
 - l) Who is the author of ‘Hatha Yoga Pradipika’?

 2. Answer **any Six** Questions from the following : 10×6
 - a) Vrittis are of five types, they may be painful or not so painful”—Explain.
 - b) Delineate the theory of 24/25 elements according to Samkhya Yoga.
 - c) Elucidate the meaning and definition of meditation and shed light on its benefits.
 - d) What is Suryanamaskara? Discuss the steps to be followed while performing ‘Suryanamaskara’.
 - e) Discuss the idea of Raja Yoga as has been enunciated in the Bhagavata Gita.
 - f) Give your acquaintance with various streams of Yoga.
 - g) Give your acquaintance with the origin and scope of Yoga.
 - h) Write an essay on the purposes of classification of Asanas and Pranayamas.
 - i) Elucidate the following concepts: - Klesha, Antarayas, Bandhas, Vayus and Nadis.
 - j) Discuss about the post-Patanjali development in Yoga and Tantra.

 3. Answer **any one** Question from the following : 20×1
 - a) Elucidate the concept of eight limbs of Yoga according to Patanjali.
 - b) Discuss in detail the sevenfold yoga according to Gheranda Samhita.
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Post Graduate Diploma in Yoga Education 1st Semester Examination- 2016 – 17
YOGA AND MENTAL HEALTH
Second Paper (PGDYE-102)

ASSIGNMENT

(To be submitted by 8th November, 2016)

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
- Define psychology and Health.
 - What is Mental Hygiene?
 - Briefly explain normality?
 - Explain personality on the basis of Sheldon's classification.
 - What is Phobia?
 - List the causes of Depression?
 - What is Schizophrenia?
 - Explain the pre-conscious state of mind.
 - List the problems faced by aged persons.
 - What is wellness cycle?
 - List the various psychic forces of human behavior.
 - List the types of Anxiety.
2. Answer **any Six** Questions from the following : 10×6
- Explain in detail about the determinants of health.
 - Write a note on Psychology of Yoga.
 - Elaborately discuss on Freud's psychoanalytic theory of personality.
 - What is the yogic concept of personality?
 - Define yoga and how it is associated with stress management?
 - Narrate in detail the bad effect of stress with examples
 - What causes anxiety? Explain any two modern methods for controlling anxiety.
 - What is aging process? How aging process can be slowed down by yogic methods?
 - How eight limbs of yoga appropriate for reducing social problems?
 - Write short note on Cognitive Therapy.
3. Answer **any one** Question from the following : 20×1
- What is psychosomatic disorder? Explain it with examples. Prescribe a regime of yogic methods to tackle psychosomatic disorders like i) Diabetes and ii) Headache.
 - "Yama, Niyama, asana, pranayama and pratyahara of Raja Yoga are the tools for common man to have sound mental health", explain the statement in details.
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Post Graduate Diploma in Yoga Education 1st Semester Examination- 2016 – 17
CULTURE, SYNTHESIS AND VALUE EDUCATION
Third Paper (PGDYE-103)

ASSIGNMENT

(To be submitted by 8th November, 2016)

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 culture.
 - b) What are ‘Shada Darshanas’?
 - c) Mention two characteristics of Indian Philosophy.
 - d) Briefly mention the contribution of Sri Aurobindo in the field of Yoga.
 - e) Mention at least one example after Patanjali where yoga is intimately connected with mysticism.
 - f) What do you mean by value?
 - g) How values can be treated significant in individual life and society?
 - h) Mention five types of ‘kleshas’ according to Patanjali.
 - i) Define ‘Avidya’.
 - j) What is the result of ‘Santosha’ (contentment)?
 - k) How ‘Asana’ (posture) can be made steady and comfortable?
 - l) How one can obtain the knowledge about the stars in the sky according to Patanjali?
2. Answer **any Six** Questions from the following : 10×6
 - a) Elucidate the ‘Triguna Theory’ according to the Bhagavata Gita.
 - b) Delineate the concept of religion to be practiced according to Vaishnavism as was propagated by Sri Chaitanya Mahaprabhu.
 - c) Discuss the contribution of Swami Kunalayananda in the field of Yoga.
 - d) Elaborate the concept of Panchakosa according to Advaita Vedanta.
 - e) Discuss the concept of values in the light of Yaksha Prashna after the Mahabharata.
 - f) Elaborate the values highlighted in the Ramayana which seem to be equally relevant even in modern times.
 - g) What do you mean by ‘Purushartha’ according to Indian classical tradition?- Discuss in details.
 - h) Discuss the contribution of Hatha Yoga with reference to few Asanas.
 - i) Delineate the contribution of Swami Vivekananda in the field of yoga.
 - j) Elucidate the concept of ‘Ishwara’ according to the yoga philosophy of Patanjali.
3. Answer **any one** Question from the following : 20×1
 - a) Discuss the concept of ‘Kriya-yoga’ according to Patanjali.
 - b) Discuss the role of a teacher in Value Education. What methods a teacher need to follow while imparting value Education?
