

Post Graduate Diploma in Yoga Education 1st Semester Examination- 2018-19
HISTORICAL DEVELOPMENT AND TRADITION OF YOGA
First Paper (PGDYE-101)

ASSIGNMENT

(To be submitted by 18th November, 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=20
 - a) What is Karma Yoga?
 - b) Write the names of five Kleshas.
 - c) Define Chitta.
 - d) Mention the classification of Asana.
 - e) What do you know about lactate production?
 - f) Write the names of few Hatha Yogis and their texts.
 - g) Why will you practice Nauli?
 - h) Write the names of few Mudras.
 - i) Mention five minor Prana.
 - j) Discuss the objectives of Yoga.
 - k) What do you know about modern concept of Yoga?
 - l) Define the Yoga on the basis of Bhagavad Gita.

 2. Answer **any Six** Questions from the following : 10×6=60
 - a) Write a note on Vipasana Meditation.
 - b) What are the Kriyas (six cleansing process)? Give a brief descriptions on them.
 - c) Make an essay on Samkhya Yoga.
 - d) Give the definition of Meditation and mention its benefits.
 - e) Write about Nadis on the basis of Hatha Yogic School.
 - f) Explain the Bhakti Yoga, Pancha Maha Bhavas and nine forms of Bhakti.
 - g) Give light on the concept of Atman or Jivatman, according to Bhagavad Gita.
 - h) Enlighten the definition and classification of Pranayama.
 - i) Elucidate the seven Chakras.

 3. Answer **any one** Question from the following : 20×1=20
 - a) Discuss in detail, the twelve steps of Surya-namaskara.
 - b) Write down the concept of eight limbs of Yoga.
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Post Graduate Diploma in Yoga Education 1st Semester Examination- 2018-19
YOGA AND MENTAL HEALTH
Second Paper (PGDYE-102)

ASSIGNMENT

(To be submitted by 18th November, 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=20
 - a) Define ‘Yoga Psychology’.
 - b) What is Catatonic Schizophrenia?
 - c) Define Mental Health.
 - d) What are the causes of Anorexia Nervosa?
 - e) Explain Eustress.
 - f) List various social injustices.
 - g) What is the relation between Stress and Productivity?
 - h) Differentiate between Anxiety and Depression.
 - i) Explain the characteristics of Sattva-guna.
 - j) Explain Sheldon’s personality theory.
 - k) What is status offence?
 - l) What are the types of diabetes?

 2. Answer **any Six** Questions from the following : 10×6=60
 - a) Narrate the causes, symptoms and consequences of stress.
 - b) List different determinants of health. Explain any two determinants with examples.
 - c) What are the factors responsible for Anti-Social Characters? Explain any two factors with examples.
 - d) Explain each type of anxiety with examples.
 - e) List various problems faced by school children and adult people.
 - f) How Yoga help to remove various causes of depression?
 - g) Explain Freud’s Psychoanalytic theory of personality.
 - h) Explain how different Yogic methods and activities help to develop inter-personal adjustment.
 - i) How does Astanga Yoga is relevant to the management of drug addiction?

 3. Answer **any one** Question from the following : 20×1=20
 - a) Explain ‘Pancha Kosha’. How psychosomatic disorders disturb ‘Pancha Kosha’?
 - b) List various problems faced by old people. How Yoga can help to remove those problems?
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Post Graduate Diploma in Yoga Education 1st Semester Examination- 2018-19
CULTURE, SYNTHESIS AND VALUE EDUCATION
Third Paper (PGDYE-103)

ASSIGNMENT

(To be submitted by 18th November, 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=20
 - a) Define Gunas and mention its types.
 - b) Define Value Education.
 - c) Define Yoga.
 - d) What is Bahiranga Yoga?
 - e) What is Karya-Karana Vada?
 - f) How many Chapters and Sutras are described in Yoga Philosophy?
 - g) Write down different names of 'Veda' and mention the parts.
 - h) Define Culture and Civilization.
 - i) What are 'Shada Darshanas'?
 - j) What is Kriya Yoga?
 - k) Write down few names of books on Hatha-Yoga.
 - l) What is Asana and Pranayama according to Patanjali's Yoga Sutra?

 2. Answer **any Six** Questions from the following : 10×6=60
 - a) What are the moral values need to develop in School students?
 - b) Elucidate the 'Triguna Theory' according to Bhagavad Gita.
 - c) Elaborate the concept 'Panchakosha' according to Advaita Vedanta.
 - d) Discuss the contribution of Swami Vivekananda in the field of Yoga.
 - e) What is Satkaryavada? Explain it.
 - f) Explain the character of Purusha and Prakriti according to Sankhya Philosophy.
 - g) What do you mean by 'Purushartha' according to Indian classical tradition? Discuss in details.
 - h) What is religion? Differentiate culture and civilization with example.

 3. Answer **any one** Question from the following : 20×1=20
 - a) Discuss the concept of 'Cosmology' according to Sankhya Philosophy.
 - b) Discuss how to develop moral values through Yoga.
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