

**Post Graduate Diploma in Yoga Education 2<sup>nd</sup> Semester Examination- 2018-19**  
**ANATOMY & PHYSIOLOGY OF YOGIC PRACTICES**  
**Fifth Paper (PGDYE-105)**

**ASSIGNMENT**

*(To be submitted by 20<sup>th</sup> April, 2019)*

**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) State the functions of mitochondria and centrosome.
    - b) Classify different types of Synovial Joint
    - c) Enlist the bones of vertebral column.
    - d) Define Blood Pressure and state its normal value.
    - e) Enlist the organs of respiratory system.
    - f) State about Tidal Volume and Respiratory Rate.
    - g) State the role of Pancreas as an endocrine gland.
    - h) What are the special sense organs?
    - i) Enlist any three digestive Glands and state their product of secretion.
    - j) What are ovarian hormones and state their functions.
    - k) What are micro and macro nutrients?
    - l) What is a Neuron?
  
  2. Answer **any six** Questions from the following : 10×6
    - a) Define tissue and discuss various types of tissues with examples.
    - b) Briefly discuss sliding filament theory of muscular contraction.
    - c) Describe the alimentary canal. State the process of carbohydrate digestion.
    - d) Describe the human heart and mention the circulation of blood through heart.
    - e) Briefly state the mechanism of respiration. What is maximum oxygen uptake capacity?
    - f) Define endocrine system. Discuss location, product of secretion and functions of any three of the following endocrine glands: i) Adrenal cortex ii) posterior pituitary iii) thyroid iv) testis.
    - g) Describe the Kidney and discuss briefly the process of urine formation.
    - h) Discuss influence of long term participation in yogic practices/ exercises on muscular system.
    - i) Define 'balanced diet' and state its components. Briefly state the role of vitamins and minerals in our diet.
  
  3. Answer **any one** Question from the following: 20×1
    - a) 'Knowledge of Physiology is crucial for understanding the influence of long term yogic practices on health and wellness of the body'----- discuss.
    - b) Discuss the effects of participation in yogic practices for ten years on respiratory and circulatory system of the body.
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**Post Graduate Diploma in Yoga Education 2<sup>nd</sup> Semester Examination- 2018-19**  
**YOGA THERAPY**  
**Sixth Paper (PGDYE-106)**

**ASSIGNMENT**

*(To be submitted by 20<sup>th</sup> April, 2019)*

**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. Write short notes on **any five** Questions from the following : 2×5
    - a) Rasana Shleshma.
    - b) Anandamaya kosha.
    - c) Subconscious mind.
    - d) Pranayama for Insomnia.
    - e) Astrology.
    - f) Yoga treatment for phobia.
    - g) Spondylitis.
  
  2. Answer **any four** Questions from the following : 10×4
    - a) Write the history, principal and methods of Naturopathy.
    - b) Discuss about obesity and its yogic treatment.
    - c) What do you know about Meditation? Explain its applications and benefits.
    - d) Mention the definition, causes, sign and symptoms and yogic treatment of asthma.
    - e) Write the definition, causes, sign and symptoms and yogic treatment of hypertension.
    - f) Draw an essay on the base of “The science of illness” (Yogic concept of disease).
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**Post Graduate Diploma in Yoga Education 2<sup>nd</sup> Semester Examination- 2018-19**  
**TEACHING METHOD OF YOGIC PRACTICE**  
**Seventh Paper (PGDYE-107)**

**ASSIGNMENT**

*(To be submitted by 20<sup>th</sup> April, 2019)*

**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
    - a) Define teaching methodology.
    - b) List the student-centered teaching methods.
    - c) What are the types of Lesson Plan?
    - d) What is herbartian steps of Lesson Planning?
    - e) Write a note on Microteaching.
    - f) Name different teaching aids under manipulative material.
    - g) Define Management.
  
  2. Answer **any four** Questions from the following: 10×4
    - a) List the maxim of teaching. Narrate the factors influencing method of teaching in yogic practices.
    - b) Draw an outline for organizing Yoga Competition including administrative, logistic and technical management.
    - c) Narrate the sources of Anatomico – physiological principle of teaching method.
    - d) List & narrate the various principles of class management.
    - e) Narrate guidelines for preparation of yogasana Lesson Plan.
    - f) Explain the importance of teaching aids in the light of sequence of learning.
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