

PG Diploma in Yoga
Paper –I: Introduction to yoga theory and Application (Part-B)

Model question paper

Marks-80

Time: 3hrs

Section- A

Question No.1 is compulsory
Answer any four questions.

(4x5=20)

- 1.a. Nature of yoga
- b. Chitta vrutties
- c. Qualities of yoga practitioners
- d. Yogic diet
- e. yoga and physical exercise
- f. Meditation
- g. Kleshas
- h. Health and illness

Section –B

Answer all questions

UNIT- I

(5x12=60)

2. A) Define yoga? Explain the general nature and characteristics of Yoga?
(Or)
B) Explain the yogic concept of Bhagavad Gita?

UNIT- II

3. A) Explain the nature of yoga and physical exercise?
(or)
B) Define Pranayama ?Explain the types and procedure of Pranayama?

UNIT- III

4. A. Describe the scientific research in yoga?
(Or)
B. Explain the advantages of yoga in personal and social life ?

UNIT- IV

5. A. Define meditation? Explain the nature and scope of meditation?
(Or)
B. Explain of different types of meditation?

UNIT- V

6. A. Explain the yogic view of health and illness?
(Or)
B. Explain the yogic techniques for the prevention and treatment of psycho somatic and psychological illness?

PG Diploma in Yoga
Paper –II: Basic elements of anatomy and physiology (Part-B)
Model question paper

Marks-80

Time: 3hrs

Section- A

Question No.1 is compulsory
Answer any four questions.

(4x5=20)

- 1.a. Nutrophill
- b. Alveoli
- c. Nephron
- d. Draw diagram of Heart
- e. Function of hormone
- f. URT
- g. Islets of Langerhans
- h. Reprouctive system

Section –B

Answer all questions

UNIT- I

(5x12=60)

2. A) Write about Transport system ?

(Or)

- B) Write about the function of blood ?

UNIT- II

3. A) Write about the respiratory passage and its anatomy ?

(Or)

- B)Write about the Gaseous exchange and regulation of respiration?

UNIT- III

4. A. What is the Endocrine system and its function?

(Or)

- B. Write about Gonads, Adrenal cortex and medulla ?

UNIT- IV

5. A. What is nervous system And Draw a diagram of nerve and label it ?

(Or)

- B. Write about the ANS and its function?

UNIT- V

6. A. Write about the central nervous system and its function?

(Or)

- B. What is reproductive system ?

PG Diploma in Yoga
Paper –III: Introduction to Psychology (Part-B)
Model question paper

Marks-80

Time: 3hrs

Section- A

Question No.1 is compulsory

Answer any four questions.

(4x5=20)

1. a. Astanga Yoga
- b. Nature of Psychology
- c. Self
- d. Consciousness
- e. Personality
- f. Psychopathology
- g. Mental health
- h. Psychotherapy

Section –B

Answer all questions

UNIT- I

(5x12=60)

2.A) Define yoga ? Explain the nature and scope of yoga?

(Or)

B) Define psychology? Explain the nature of yoga Psychology?

UNIT- II

3. A) Define self ? Explain the nature and connectivity of self and consciousness?

(Or)

B). Define consciousness? Explain the nature of consciousness in Hindu psychology?

UNIT- III

4. A) Define personality? Write an essay on nature of personality

(Or)

B. Explain the characteristics and Indian approaches of personality?

UNIT- IV

5. A) Explain an essay on nature of psychopathology?

(Or)

B). Define mental health? Explain an essay on nature of mental health?

UNIT- V

6.A) Explain the advantages of yoga in view of health management

(Or)

B) Define yoga as a form of psychotherapy?

PG Diploma in Yoga
Paper –IV: Science of Divinity and Realization of self (Part-B)

Model question paper

Marks-80

Time: 3hrs

Section- A

Question No.1 is compulsory

Answer any four questions.

(4x5=20)

1. a. Genetic centre
- b. Life force
- c. Dissolution
- d. Meditation
- e. Self-realization
- f. Destiny
- g. Consciousness
- h. Service to humanity

Section –B

Answer all questions

UNIT- I

(5x12=60)

2. A) Explain the nature of genetic centre?
(Or)
- B) Describe the concept of sanjitha, praraptha and akamiya karma?

UNIT- II

3. A) Explain the stages of life force?
(Or)
- B) Explain the purification of genetic centre?

UNIT- III

- 4.A) Describe the methods of sinful imprints ?
(Or)
- B) Describes the process of greatness of observing silence?

UNIT- IV

5. A.) Explain the nature of Self-realization?
(Or)
- B) Describes the process of Cause and effect system?

UNIT- V

- 6.A) Explain nature of karma yoga? Briefly
(Or)
- B) Describes the concept of love and compassion?