



DIPLOMA IN YOGA

INTRODUCTION TO YOGA

Answer all questions

1. Explain the meaning and definition of yoga.
2. What are the objectives of yoga?
3. What are the types of yoga? Briefly explain them.
4. Describe the life sketch of Sri Aurobindo.
5. Explain about the contemporary yoga institutes in India.
6. Describe about the Science of Yoga.
7. Explain about the yogic life of Swami Vivekananda.
8. Write about yoga as explained in Bhagavad Gita.
9. Describe Karma Yoga.
10. What are Shadadharas? Explain each one in detail..
11. Briefly explain Pranayama and Prathyahara.
12. Write an essay on the objectives, preparations and various methods of meditation.



DIPLOMA IN YOGA

ANATOMY, PHYSIOLOGY FOR YOGIC PRACTICE

Answer all questions

1. Exercises are inevitable in the present day life. Why?
2. Wellness/good health of body is essential for doing dharmanushtanas.
Explain
3. Write a short essay on the things that cause air pollution.
4. What is peripheral nervous system? Describe the functions of peripheral nervous system..
5. How many skeletal joints are there in a human body? Describe each.
6. Describe about the Science of Yoga.
7. Explain the anatomy of kidney.
8. Critically evaluate the statement – there is an evolution from the stage of living to eat rather than eating to live among the mankind.
9. Nervous system deserves an important role in the study of Yoga– Describe.
10. Define various aspects related to immunity. Describe the process by which the white blood corpuscles help in acquiring immunity.
11. Practicing Yoga in daily life can improve our immunity. Explain.
12. Define the functions of respiratory system. Explain the factors that prevent its proper functioning.



DIPLOMA IN YOGA

TEACHING METHODOLOGY OF YOGIC PRACTICE

Answer all questions

1. What is Pranayama? Write any three Pranayamas and their mode of practice
2. Describe the preparations, cautions and contraindications for the practice of yoga postures
3. Suggest some basic yoga postures for beginners. Describe the method and benefits of practicing it.
4. Name the yoga postures included in Suryanamaskar. Write the method of practicing Suryanamaskar.
5. Explain the role of Yoga in defending life style diseases.
6. June 21 is being observed as the International Yoga Day. Suggest a package of Yoga postures and pranayama for this year's celebrations
7. Suggest three major Asanas suitable for maintaining good body posture. Describe the method, contraindications and benefits of practicing it
8. Write an essay on various points to be kept in mind while preparing for practicing yoga and pranayama
9. Suggest steps and strategies to make yoga as part of our daily life.
10. Write any six yoga postures being practiced in standing posture.
11. How yoga is different from other forms of exercises? Explain
12. Which are panchapranas? Write a short note on its functions..



DIPLOMA IN YOGA

TRADITIONAL YOGA

Answer all questions

1. Explain the principles of Patanjali Yoga Sutra.
2. Describe the different kinds of vrittis.
3. Explain the different ways to achieve Raj Yog.
4. Explain about the disturbances which we come across during yogic practices.
5. What are kriyas? Explain them.
6. Explain about the philosophy of Mahavir.
7. What is Nadanusandhan? Explain in detail.
8. Explain Kundalini yoga.
9. Describe about Ashta Siddhis and their uses.
10. Explain Panch Kosh theory in detail.
11. Explain Panchikaran Prakriya.
12. Explain about Nandha Bhakti.