

**SRC COMMUNITY COLLEGE
CERTIFICATE PROGRAMME IN YOGA (CYA)**

**Term-End Examination
December 2017**

Question Paper

YE001: INTRODUCTION TO YOGA PHILOSOPHY

Time: 2.5 hours

Maximum Marks 60

I. Answer any **four** of the following questions. Each question carries 3 marks

4 x 3 = 12

1. Define Yoga *Sadhana Traya*.
2. Name the six schools of thought of Indian Philosophy.
3. Human life is divided into four *Ashrams*. Which are they?
4. Which are the three *Upanishads* that discusses yoga?
5. Meditation is being divided into two; *Sakara* and *Nirakara*. Differentiate.

II. Answer any **three** of the following questions in about 150 words. Each question carries 6 marks

3 x 6 = 18

6. Describe *Karma Yoga*.
7. What are *Shadadharas*. Explain each one in detail.
8. Explain the development taken place during the pre-classical (*Vedic* period) and classical era of Yoga
9. Briefly explain *Pranayama* and *Prathyahara*.
10. Explain the importance of practicing *Yoga* in daily life.

III. Answer any **two** of the following questions in about 350 words. Each question carries 15 marks

2 x 15 = 30

11. Observing *Yama* and *Niyama* can make positive changes in the personal and social life – establish, with definite examples.
12. Write an essay on the objectives, preparations and various methods of meditation.
13. How yoga can influence our life as an art of living process? Examine the question based on your experiences.
14. 'Yoga Chithavritti Nirodha', 'Yoga Karmasu Kausalam', 'Samathwam Yoga Uchyathe'. Explain the philosophical ground of the said teachings.

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Question Paper

YE002: YOGA POSTURES & PRANAYAMA

Time: 2.5 hours

Maximum Marks 60

I. Answer any **four** of the following questions. Each question carries 3 marks

4 x 3 = 12

1. The common factor in breathing to be kept in mind while practicing Yoga.
2. Write any six yoga postures being practiced in standing posture.
3. How yoga is different from other forms of exercises.
4. Which is the yoga posture that maintains body balance? Describe its mode of practice.
5. Which are *panchapranas*? Write a short note on its functions.

II. Answer any **three** of the following questions in about 150 words. Each question carries 6 marks

3 x 6 = 18

6. What is *Pranayama*. Write any three *Pranayamas* and their mode of practice.
7. Describe the preparations, cautions and contraindications for the practice of yoga postures.
8. Suggest some basic yoga postures for beginners. Describe the method and benefits of practicing it.
9. Name the yoga postures included in *Suryanamaskar*. Write the method of practicing *Suryanamaskar*.
10. Explain the role of Yoga in defending life style diseases.

III. Answer any **two** of the following questions in about 350 words. Each question carries 15 marks

2 x 15 = 30

11. June 21 is being observed as the International Yoga Day. Suggest a package of Yoga postures and pranayama for this year's celebrations.
12. Suggest three major *Asanas* suitable for maintaining good body posture. Describe the method, contraindications and benefits of practicing it.
13. Write an essay on various points to be kept in mind while preparing for practicing yoga and pranayama.
14. Suggest steps and strategies to make yoga as part of our daily life.

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Question Paper

YE003: HUMAN PHYSIOLOGY & YOGA

Time: 2.5 hours

Maximum Marks 60

I. Answer any **four** of the following questions. Each question carries 3 marks

4 x 3 = 12

1. Exercises are inevitable in the present day life. Why?
2. The physical body is built with five elements. What are they?
3. What is causal body? Explain briefly?
4. What are the two major parts of digestive system.
5. Write three *Asanas* that helps to strengthen the circulatory system.

II. Answer any **three** of the following questions in about 150 words. Each question carries 6 marks

3 x 6 = 18

6. Wellness/good health of body is essential for doing *dharmanushtanas*. Explain?
7. Write a short essay on the things that causes air pollution.
8. Define various aspects related to immunity. Describe the process by which the white blood corpuscles help in acquiring immunity.
9. What is peripheral nervous system? Describe the functions of peripheral nervous system.
10. How many skeletal joints are there in a human body? Describe each.

III. Answer any **two** of the following questions in about 350 words. Each question carries 15 marks

2 x 15 = 30

11. Critically evaluate the statement – there is an evolution from the stage of living to eat rather than eating to live among the mankind.
12. Nervous system deserves an important role in the study of Yoga–Describe
13. Practicing Yoga in daily life can improve our immunity. Explain.
14. Define the functions of respiratory system. Explain the factors that prevent its proper functioning.