Model Questions

SCIENTIFIC BASIS OF YOGA EDUCATION

1 & 2 MARK QUESTIONS

1. What are the three types of salivary glands?
2. Which of the Shat Karmas works on the upper GIT?
3. Which of the Shat Karmas works on the small intestines?
4. Which of the Shat Karmas works on the colon?
5. Give the definition of Yoga definition that is related to homeostasis
6. Give two examples of a ball and socket type of synovial joint
7. Carbohydrate, fat and protein digestion are carried out by enzymes from the ______
8. Give two examples of a hinge type of synovial joint
9. What type of joint is the Atlanto-occipital joint?
10. The two types of metabolism are ________ and _________
11. Functions of epithelial tissues
12. Types of muscle tissue
13. If Biceps is the agonist, the antagonist muscle is__________
14. __________ plays an important role in muscle contraction and relaxation
15. Parts of the large intestine
16. The common bile duct and the pancreatic duct open into the __________ part of the small intestine
17. There are ________ bones in the adult body
18. Types of bones
19. Blood cells are produced in the ________ of long bones
20. The longest bone is the __________
21. Indian Yoga researchers
22. Liver helps in ________ digestion
23. Salivary glands are_________, ___________ and sublingual
24. Digestive system = GIT + __________,__________ and ____________
25. Functions of the digestive system
26. Diseases amiable to Yoga therapy
27. Baroreceptor regulation of blood pressure
28. Frustration leads to ______________ or ______________ reactions.
29. Effects and Benefits of Dhouti Kriya
30. Blood Pressure
31. Brain centers for regulation of respiration are in ___________ and ___________.
32. Chitta Vrittis
33. Dead Space in respiratory system is from ______________ to ______________.
34. Different Paths of Yoga
35. Dr. Swami Gitananda Giri
36. Hormones of Adrenal Cortex
37. Indian Centres of Yoga Research
38. Maximum absorption of food occurs in ____________ which is a part of small intestine.
39. Intelligence quotient
40. Pacemaker of heart
41. Pancreas
42. Parathormone is related to ______________ and ______________ metabolism
43. Parathyroid Glands
44. Patanjali’s Kriya Yoga
45. Physiological basis of Kevala Kumbhaka
46. Posterior Pituitary secretes ______________ and ______________ hormones.
47. Small intestine consists of ___________, ____________, and ___________
48. Spinal Column
49. There are _________ lobes and ________ Bronco-pulmonary segments in the left lung
50. Trigunas
51. Types of tissues
52. The best type of research method is the ______________ controlled trial.
53. Ardha Narishwara is the best example of ________ Yoga
54. All our mitochondria is inherited from our ____________ and not our ____________
55. The Ministry of Health governs Yoga Research in India through the ______________.
56. ____________ and ____________ are hinge joints
57. ____________ and ____________ are ball and socket joints
58. Atlanto-occipital joint is an example of a ____________ joint
59. __________ is an example of a cartilaginous joint
60. __________ joints are found between skull bones
61. Chitta Vrittis can be controlled by ___________ and ______________.
62. Major part of the brain development is before the age of ________ years.
63. The human brain weighs approximately __kilos.
64. The right brain is responsible for ______ and actions on the ______ side of the body.
65. There are ______ spinal nerves and ______ vertebrae in the spinal column.
66. The pancreas belongs to the _______ and ______ systems.
67. Hypothalamus is related to which Chakra and plexus.
68. Manipura Chakra is related to the _______plexus and _______ Prana Vayu.
69. Cardiac plexus is related to the ___________Chakra and _________ Prana Vayu.
70. Patients of Thyroid disorders can benefit from ____________ Asana.
71. The only Asana that can and should be done after meals is _______ and it is useful in controlling disease of the ___________nerve.
72. Topsy Turvy poses may help in the control of blood pressure by __________ the __________ mechanism.
73. The last of the Upa Prana Vayus to leave the body after death is ____________.
74. There are ______ petals in the Manipura and _______ in the Ajna Chakra.
75. Surya Nadi
76. Chandra Nadi
77. Monosaccharides are the final breakdown product of __________ metabolism
78. Amino acids are the final breakdown product of ________ metabolism
79. Fatty acids are the final breakdown product of ________ metabolism
80. Draw a well labeled diagram of a human cell
81. How does Pranayama differ from normal breathing
82. Philosophico-literary research
83. Which is the most important muscle for respiration?
84. What are some simple blood pressure lowering tactics
85. The graveyard for blood cells is the ________
86. What is the role of the cerebellum?
5 MARK QUESTIONS

1. Compare and contrast the right and left brains
2. Discuss the importance of the brain stem
3. Discuss how Pranayama is the bridge between the external and the internal worlds
4. Discuss the meaning of the statement, “the respiratory centre makes us breathe in and lets us breathe out”.
5. What is internal and external respiration?
6. What are the ten basic life processes?
7. Name the ten major systems in the human body
8. Feed back mechanisms of endocrine system
9. How does Neti Kriya benefit all the Jnanendriyas?
10. What is the importance of the 2nd part of the duodenum?
11. What are the important functions of hormones?
12. Explain the process of respiration using a flow chart
13. Homeostasis
14. How do topsy turvy poses help correct ventilation-perfusion imbalances in lungs
15. Explain the formation of systems
16. Explain the concept of agonist and antagonist muscles
17. Parts of the digestive system
18. Describe the types of joints in details
19. Draw a well labeled diagram of the digestive system
20. Draw a well labeled diagram of the respiratory system
21. Draw a well labeled diagram of the nervous system
22. Ajna Chakra
23. Balanced Diet
24. Sattvic diet
25. Bandha Trayam
26. Benefit of Asana according to Patanjali
27. Pancha Kosha
28. Benefits of Sarvanga Asana
29. Benefits of Twisting postures
30. Bhagavad Gita on stress
31. Chitta Vikshepa
32. Culturing the emotions through Pranayama
33. Describe in brief the Anta Karanas
34. Describe shat karmas related to the digestive system
35. Difference between Kriya and Pranayama
36. Double blind control trial
37. Draw a schematic diagram of the circulatory system
38. Drawbacks and hindrances of yoga research
39. Frustration
40. Mental conflicts
41. Characteristics of a mentally Healthy person
42. Benefits of Neti
43. How should a Yogi fill his stomach?
44. Importance of Prayer
45. Jnanendriyas
46. Karmendriyas
47. Large intestine
48. Mooladhar Chakra
49. Nervous System
50. Pancha Kleshas
51. Pancha Kosha
52. Pancha Maha Bhutas in relation to the body
53. Prana Vayus
54. Pratipaksha Bhavanam
55. Role of liver in digestion
56. Samatvam Yoga Uchyate
57. Sapta Dhatus
58. Shat Ripus
59. Skeletal system
60. Sthita Prajna
61. The major three Nadis
62. Thyroid gland
63. Trataka
64. Upa Prana Vayus
65. What are the Psychological attitudes that Patanjali advises us to cultivate
66. Yogic concept of Mind
67. Draw a well labeled diagram of the endocrine system
68. Yogic practices useful in piles
SECTION - C: 10 MARK QUESTIONS

1. Discuss the ten basic life processes with suitable examples?
2. Describe some methods to research Yoga. Describe some researched effects of Yoga.
3. Describe the Chakras with relation to Endocrine and Nervous System.
4. Describe the Chakras with relation to Prana Vayus and Pancha Maha Bhutas
5. Describe the major components of normal diet and explain their digestion and absorption in detail. What type of food is suitable for a Yoga Sadhaka?
6. Describe the Psycho- Neuro- Immuno-Endocrine System and its relation to Yoga
7. Describe the Shat Karmas (Shat Kriyas) and their benefits with relation to different body systems
8. Draw a well labeled diagram of the digestive system. Describe the shat karmas that help the digestive system to function better?
9. Discuss in detail, importance of Yama and Niyama in social life.
10. Discuss the Respiratory System with relation to Yoga.
11. Draw a well-labeled diagram of the Cardiovascular System. Describe in detail the effects of Yoga on the Cardiovascular and Respiratory Systems.
13. Importance of prayer in Yogic life. Explain any prayer in brief.
14. Importance of Yama and Niyama as a foundation for the Yoga Life.
15. Positive mental health by adherence to the Yamas and Niyamas. Discuss.
16. What are the Dasa Vayus? Describe them with relation to physiological functions
17. Yoga, a method to foster positive physical, emotional and mental health. Discuss.
18. Describe the causes and effects of frustration with relevant examples. How can Yoga help?
19. Describe the Dasendriya with relation to the Pancha Maha Bhutas and Tanmatras.
20. Which definition of Yoga can be correlated to the physiological concept of homeostasis? Describe the Chakra related to the brain centre that is vital for homeostasis.
21. Explain the process of digestion of various foodstuffs in the digestive system. What are the shat karmas that help the digestive system to function better?
22. How are the digestive, respiratory, circulatory and nervous systems related to Yoga and its concepts?