Pondicherry University Community College

POST GRADUATE DIPLOMA IN YOGA

Model Questions

PRINCIPLES AND METHODS OF YOGA PRACTICE

SECTION – A : (ONE MARK QUESTIONS)

1. Give two examples of twisting postures.
2. Give two examples of back bending postures.
3. Give two examples of front bending postures.
4. Give two examples of hand balancing postures.
5. Give two examples of single leg balancing postures.
6. Give two examples of topsy turvy postures.
7. ____________is the Sanskrit name of “tank like” gesture
8. __________is the mother Klesha
9. Patanjali classifies the Chitta Vrittis as _______ and _______
10. ________is the third Kosha which means _______
11. What is the meaning of Asana
12. Complementary posture for Ardha Matsyendrasana is __________
13. __________ is one at the Kriya used for the eye exercise
14. ___________gland is activated by practice of Jalandhara Bandha
15. The second phase of Pranayama is __________
16. ________and _________are examples cultural Asanas
17. The meaning of Sarvangasana is __________
18. Pratyahara means __________
19. According to Hatha Pradipika the most important Asana is __________
20. According to Hatha Pradipika the most important Kumbhaka is __________
21. According to Hatha Pradipika the most important Mudra is __________
22. According to Patanjali the benefit of perfection in Asana is __________
23. According to Patanjali the benefit of perfection in Pranayama is __________
24. Ancient method of teaching was known as __________
25. What is Apana?
27. Chitta Vrittis can be controlled by ______ and ______
28. Halasana belongs to the ______ type of Asanas.
29. How many Asanas are said to exist?
30. In Pranayamas the usual ratio of inhalation : exhalation is __: ___
31. What is Kriya Yoga of Patanjali
32. Meaning of Krounchasana is __________
33. Mudras are ______ for energy and Bandhas are ______ for energy.
34. What is Naga?
35. Patanjali defines Yoga as __________________ in his Yoga Sutras
36. What is the Pingala Nadi?
37. Prayatna Shaitilya __________
38. Shunyaka phase of Pranayama comes after _____ and before_____
39. The fifth limb of Ashtanga Yoga is _______
40. The floating breath is called as __________
41. The fifth Kosha is __________
42. The first Sharira is __________
43. The Kleshas exist in ______ states
44. The Shat Karmas are also known as ______
45. The Shat Kriyas are also known as ______
46. The Yoga of Thirumoolar is _______
47. There are ______ verses in the Thirumandiram
48. Yoga is defined in the Bhagavad Gita as ______________ Uchyate
49. Yoga Sutras has _______ verses
50. What is Puraka?
51. What is Rechaka?
52. What is Antara Kumbhaka?
53. What is Bahya Kumbhaka?
54. What is Shunyaka?
55. Tasmin sati _______________gati vichedah pranayamah
56. Dwandva ____________
57. The yogic term for “static stretching procedures” is_________

58. Being with the ________ was the best way to learn according to the Bhagavad Gita

59. The meaning of Samatvam is_________

60. What is Bhakti Yoga?
61. What is Jnana Yoga?
62. What is Laya Yoga?
63. What is Hatha Yoga?
64. What is an Asana?
65. Benefits of relative Asanas?
66. Usual ration for Pranayama is_______

67. What is Puraka?
68. What is Kumbhaka?
69. What is Rechaka?

70. Meditation develops_________ awareness

71. The nature of all yogic practices is ____________

72. Teaching is the process involving_________

73. Learning is a process of adjustment through ________

74. Teacher is the one who _________ the process
75. ________ is the one who adjusts himself through action

76. The ____________ is the situation in which the whole process is conducted

77. Reduction in fat contributes to building _________ strength

78. The centre of gravity in females is _________ than in males

79. Performing an activity from “known to unknown” is called the principle of ____________

80. Yoga students can be grouped as beginners, advanced, school children and ___________ groups

81. Ujjayi Pranayama is __________ breathing

SECTION – B: (TWO MARK QUESTIONS)

1. Asanas are usually classified as _______,_______ and ________Asanas

2. Bandha Trayam consists of ________, ________ and ________

3. Describe Basti

4. Dhanurasana
5. Explain Patanjali’s definition of Asana
6. Explain Patanjali’s definition of Pranayama
7. Four phases of Pranayama
8. Give any two benefits of ‘Dhanurasana’
9. Give the physiological benefits of Shatkriyas
10. What are the Karmendriyas
11. Limitations of Dhanurasana
12. What are the types of Neti.
13. What are the types of Dhauti.
14. What are the types of Nauli.
15. What is Mudra?
16. Name two relaxative Asanas with their benefits.
17. Name a few Hastha Mudras
18. Name a few Kaya Mudras
19. Name a few Pranayama Mudras
20. Name a few Mukha Mudras
21. Sarvangasana
22. Stages of Pranayama Sadhana
23. Surya Bhedana
24. Three Shariras
25. Trigunas
26. What are the three phases of Asanas?
27. What are the types of Kumbhaka?
28. What is Pranadharana?
29. What is Samyama Yoga?
30. Write a note on Vahnisara Kriya.
31. Write the procedure for going into Padmasana and coming out of it
32. Kriya Yoga of Patanjali
33. Benefits of Matsyasana
34. Benefits of Brahmari Pranayama
35. Benefits of Paschimottanasana
36. What are some types of Trataka?
37. What are some variations of Kapalabhati?
38. Give any two examples of audio visual aids in teaching
39. The content of learning is called _______ or ________
40. According to the Bhagavad Gita the methods of learning consisted of
   persistent______, showing _______ and doing physical work for the_______
41. What are the characteristics of meditative Asanas?
42. What are the benefits of Cultural Asanas?
43. What are the three phases of Pranayamas?
44. What are the types of Asanas?
45. What are the aims of Asanas?
46. What are the two basic principles in performing Asanas?
47. What is the main purpose of Pranayama?
48. What are the benefits of Bandhas and Mudras?
49. What are the benefits of the Shat Kriyas?
50. What are the modes of purification in the Shat Kriyas?
51. What are the regions cleansed by the Shat Kriyas?
52. Attitude training practices are technically called the _______ and
   __________
53. Dealing with difficult students
54. Draw any seating arrangement for a Yoga class
55. Explain ‘Attitude Training Practices’
56. Explain ‘Scientific Principles’ of teaching methods
57. Explain the ‘Beginners Groups’ of yoga participant
58. Explain the Lecture method in methods of teaching
59. Guidelines for giving instructions in class
60. Importance of the “Principle of progression” in learning
61. Seating arrangements in the Yoga class
62. Social principles in teaching
63. What are the facilities needed for the yoga classroom
64. What is the essential for good Lesson Plan
65. The _________ centered approach was the main teaching method in the
   past while the _______ centered approach is the modern teaching method
SECTION - C : ANSWER ANY FIVE OF THE FOLLOWING
(5 MARK QUESTIONS)

1. What are the different types of Anuloma Pranayamas?
2. Compare and contrast Bhastrika and Kapalabhati
3. What are the different types of cooling Pranayamas?
4. Write a short note on Adhikara Yoga
5. Write a short note on Bhakti Yoga
6. Classical Kumbhakas according to Hatha Pradipika
7. Compare and Contrast the techniques of Kapalabhati and Bhastrika.
8. Compare and contrast Agnisara and Kapalabhati
9. Compare and contrast Asanas and physical exercise
10. Compare and contrast Pranayama and breathing exercise
11. Define Meditation and explain its characteristics and benefits
12. Describe the classification of Asanas with examples
13. Describe a few Yoga practices that can be safely given to a pregnant woman
14. Describe the different phases of Pranayama
15. Draw any 5 Asanas and explain benefits and contraindication
16. Give any 5 Asanas with their benefits and complimentary posture
17. Explain the concept of Asana and its classification.
18. Explain the concept and benefits of Bandhas
19. Explain the concept of Samyama in detail
20. Give some Topsy-turvy postures with benefits and contra indications.
21. How can Meditation be used as an instrument to regulate the Mind.
22. Limitations of integrating Yoga into modern education
23. Physiological benefits of meditation
24. Write a detailed note on the Nadis.
25. Write a short note on Yoga Sport
26. What are the limitations of integrating Yoga in modern education
27. Compare and contrast Yoga and other exercises
28. What are the facilitatory postures for Dhyana
29. What are the differences between intellectual concentration and Dhyana
30. What are Pranadharana and Pranavanusandhana?
31. What are the safety measures and precautions for practice of Pranayama?
32. Write a note on Cultural Asanas
33. Write a note on Relaxative Asanas
34. Write a note on Meditative Asanas
35. What are the scope and limitations of Asanas?
36. Discuss the Pancha Yama
37. Discuss the Pancha Niyama
38. Explain the two approaches towards successful teaching
39. Explain the terminology of teaching and learning
40. What is meditation? Explain the process and benefits of meditation.
41. Discuss the classification of yogic practices
42. Describe any five schools of yoga
43. Discuss about Yoga as a means and end
44. What are some misconceptions about yoga
45. What are the explanations of teaching and learning given in the Bhagavad Gita
46. Advantages of lesson plan
47. Describe a few Yoga practices that can be safely given to a pregnant woman
48. Draw any 5 Asanas and explain its benefits & contraindication and complimentary posture
49. Advantages of a written lesson plan
50. Describe the essentials of a good lesson plan
51. Explain in detail about ‘Dealing with difficult students’
52. Explain in detail about Audio visual aids and its uses
53. Explain the concept of Asana and its classification.
54. Explain the scope of teaching and learning in yogic practices
55. Name some Topsy-turvy postures and mention their benefits and contraindications.
56. Limitations of integrating Yoga into modern education
57. Physiological benefits of meditation
58. Psychological principles of teaching methods
59. What are some factors influencing the method of teaching?
60. Write a short note on the role of Yoga in Modern Education.
61. Compare and contrast Uddiyana and Agnisara
62. Compare and contrast Uddiyana and Kapalabhati
63. Compare and contrast Uddiyana and Nauli
64. Compare and contrast Agnisara and Kapalabhati
65. Compare and contrast Agnisara and Nauli
66. Discuss the salient points of Shirshasana
67. Discuss the salient points of Sarvangasana
68. Discuss the salient points of Dhanurasana
69. Discuss the salient points of Paschimottana Asana
70. Discuss the salient points of Bakasana
71. Discuss the salient points of Mayurasana
72. Discuss the salient points of Ujjayi
73. Discuss the salient points of Shavasana

SECTION – D: (10 MARK QUESTIONS)
1. Compare and Contrast Yogic exercises and other Physical exercises.
2. Describe the Ashta Kumbhakas according to Hatha Pradipika. Which Kumbhaka is said to be the best?
3. Describe Vibhagha Pranayama (Sectional breathing) and give its relation to Pranava Pranayama with regards to Nada and Mudras used. Discuss its importance in Yoga Sadhana.
4. Explain the role of Asanas in the Yogic Physical Culture.
5. Give the classification of Asanas with three examples each. Describe the benefits of these sub-groups of Asanas
6. Describe the Shat Kriyas. Explain their benefits and limitations.
7. Discuss the importance of nerve culture in Yoga
8. Discuss the limitations and possibilities of integrating Yoga in modern education
9. What is Dhyana? How does the process of Dhyana begin with Asana? What are the differences between intellectual concentration and Dhyana?
10. Discuss the importance of the Pancha Yama and Pancha Niyama in Yoga Sadhana
11. According to Maharishi Patanjali, what are the benefits of perfection in each of the Pancha Yama and Pancha Niyama
12. Discuss the guidelines to conducting a yoga class in a successful manner
13. Compare and contrast the lesson plans for introducing Yoga practice for 25 students of 5th standard, 10th standard and normal adults.

14. Describe in detail how to teach any two Asanas, two Mudras, two Pranayamas and any relaxation technique to a middle aged woman

15. Describe in detail how to teach Vaman Douthi and Nauli to a group of young girls

16. Describe in detail the different methods of teaching

17. Discuss the lecture method of teaching

18. Describe in detail the main sources of teaching methods

19. Describe the important guidelines for conducting a successful Yoga lesson

20. Discuss the methods of conducting a class on meditation

21. Explain ‘Methods of Teaching’ of yogic practices

22. Explain the Anatomico Physiological principles of yogic practices

23. Explain the Educational principles in the general practices of yoga

24. Prepare a lesson plan for introducing Yoga Practice for 20 students of Class VI

25. Prepare a lesson planner for the senior citizen of the age of 65 and above. Also give the guidelines and precautions to be taken during their practice.

26. Compare and contrast Uddiyana with Agnisara, Kapalabhati and Nauli

27. Discuss the salient points of Shirshasana, Sarvangasana and Shavasana

28. Discuss the salient points of any three hand balancing postures

29. Discuss the salient points of any three back bending postures