

DYHE01

ASSIGNMENT-1
DIPLOMA DEGREE EXAMINATION,
JUNE/JULY - 2020
YOGA FOR HUMAN EXCELLENCE
Physical Health
Maximum : 30 MARKS
Answer ALL Questions

Q1) Life Force.

Q2) Causal body.

Q3) Immunity.

Q4) Rajasic food.

Q5) Mind.

Q6) Disease.

Q7) Five layers of the body.

Q8) Fasting.

Q9) What is bandha?

Q10) Meditative Asanas.

ASSIGNMENT-2
DIPLOMA DEGREE EXAMINATION,
JUNE/JULY - 2020
YOGA FOR HUMAN EXCELLENCE
Physical Health
Maximum : 30 MARKS
Answer ALL Questions

- Q1)** a) How do you maintain healthy life.
b) Describe the Astral body.
- Q2)** a) Write about artificial causes of disease.
b) How do you overcome mutual disturbances?
- Q3)** a) Write about the influence food on spiritual life.
b) Write about basics of Unani medical system.
- Q4)** a) Explain the benefits of Leg exercises.
b) Mention the benefits of Kopalabhati.
- Q5)** a) Explain the rules for Pranayama Practice.
b) Write the technique of Moola bandha.
- Q6)** a) “Body is container of imprints” - Explain.
b) Write about importance of physical exercises.
- Q7)** a) Describe the relationship between the body and life force.

b) “Food is as a medicine” - Explain.

Q8) a) Explain the three circulations of the body.

b) Explain the medical system of Ayurveda.

Q9) a) Explain the techniques of Body massage.

b) Write about the methods of Breathing and Eye exercises.

Q10) a) Explain the technique and benefits of Ujjai and Seethcori Pranayama.

b) Describe the technique and benefits of Gnana, Varuna and Linga mudras.



ASSIGNMENT-1
DIPLOMA DEGREE EXAMINATION,
JUNE/JULY - 2020
YOGA FOR HUMAN EXCELLENCE
Rejuvenation of Life Force and Mind
Maximum : 30 MARKS
Answer ALL Questions

Q1) Ojas breath.

Q2) Chastity.

Q3) Pranamaya kosha.

Q4) Mental frequency of Alpha.

Q5) Astral Projection.

Q6) Soul.

Q7) Akamya karma.

Q8) Awareness.

Q9) Nine planets.

Q10) Manipura.



DYHE02

ASSIGNMENT-2
DIPLOMA DEGREE EXAMINATION,
JUNE/JULY - 2020

YOGA FOR HUMAN EXCELLENCE
Rejuvenation of Life Force and Mind

Maximum : 30 MARKS
Answer ALL Questions

- Q1)** a) Write about Bio-magnetism.
b) What is Jeeva Samadhi?
- Q2)** a) Mention ten stages of mind.
b) Describe the Thuriyateetha meditation.
- Q3)** a) Explain the methodology of intensifying the Astral Projection.
b) Explain the technique and benefits of Mirror gazing.
- Q4)** a) Write about benefits of Shanti Yoga.
b) Write about the concept of Praraptha Karma.
- Q5)** a) Describe the technique of meditation on Jupiter.
b) Describe the technique of Meditation on Sakthi Kalam.
- Q6)** a) How do you preserve sexual vital fluid.
b) What steps could you take for Anti-agening process?

- Q7)** a) Write briefly about Simplified Kundalim Yoga.
- b) Write briefly about Pancha Koshas.
- Q8)** a) Describe the physical transformation of Bia-magnetism.
- b) Explain the technique of Lamp Gazing.
- Q9)** a) Describe the technique of Agna meditation.
- b) How do you merge the soul with Almighty.
- Q10)** a) Illustrate the Panchendria meditation.
- b) Explain the technique and benefits of Nityananda meditation.



ASSIGNMENT-1
DIPLOMA DEGREE EXAMINATION,
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YOGA FOR HUMAN EXCELLENCE
Sublimation & Social Welfare
Maximum : 30 MARKS
Answer ALL Questions

Q1) The three protections.

Q2) Origin of thought flow.

Q3) Valuable desire.

Q4) Patience.

Q5) Auto suggestion.

Q6) Adjustment in the family.

Q7) Ahimsa.

Q8) Sacrifice.

Q9) Straight forward.

Q10) Action plan.



DYHE03

ASSIGNMENT-2
DIPLOMA DEGREE EXAMINATION,
JUNE/JULY - 2020
YOGA FOR HUMAN EXCELLENCE
Sublimation & Social Welfare
Maximum : 30 MARKS
Answer ALL Questions

- Q1)** a) What are the three stages in the development of knowledge?
b) Brief out the six root causes of thought.
- Q2)** a) How do you neutralize your Anger?
b) How do you moralize your desire?
- Q3)** a) Brief out four types of Worries.
b) How do you get devine Protection?
- Q4)** a) Write about greatness of Women.
b) What is five fold culture?
- Q5)** a) What is value education?
b) Write about spiritual education.
- Q6)** a) Enumerate the purpose of life.

b) Write an essay on three virtues.

Q7) a) Write about Evil effects of Anger.

b) What is attachment? What is detachment?

Q8) a) How do you develop harmony in the family life?

b) Explain the wave theory.

Q9) a) How do you discharge five kinds of duties?

b) What steps could you take to develop world peace?

Q10) a) How do you develop pollution free environment?

b) Explain the greatness of Mahatma Gandhi.



ASSIGNMENT-1
DIPLOMA DEGREE EXAMINATION, JUNE/JULY - 2020

YOGA FOR HUMAN EXCELLENCE

Divinity and Self Realization

Maximum : 30 MARKS

Answer ALL Questions

Q1) Three Laws.

Q2) Space.

Q3) Repulsive force.

Q4) Galaxy.

Q5) Feeling of pleasure and pain.

Q6) Five sense animals.

Q7) Sanchita Karma.

Q8) Forgiveness.

Q9) Awareness.

Q10) Thankfulness.



DYHE04

ASSIGNMENT-2
DIPLOMA DEGREE EXAMINATION, JUNE/JULY - 2020

YOGA FOR HUMAN EXCELLENCE

Divinity and Self Realization

Maximum : 30 MARKS
Answer ALL Questions

- Q1)** a) What are the objectives of Religion?
b) Describe Dust Particle.
- Q2)** a) Write about qualities of Pancha Boothas.
b) Explain the relation between planets and living beings.
- Q3)** a) What is sixth sense?
b) What is meditation?
- Q4)** a) What are six temperments?
b) How do you clear your imprints?
- Q5)** a) Descriminate self realization and God realization.
b) How do you practice duty consciousness?

- Q6)** a) Discuss about Cause and Effect.
- b) What is Unified force? Discuss.
- Q7)** a) Write an essay on evolution of Plants and Stars.
- b) Discuss about fundamental energy particle.
- Q8)** a) Write an essay on history of living beings.
- b) Write essay on evolution of mankind.
- Q9)** a) Explain the values of silence observation.
- b) Explain the Ten ways of Purifying genetic centre.
- Q10)** a) How an individual get Perfection in Consciousness?
- b) Enumerate the Ten Principles of Karma Yoga.

