

**COURSE CODE – 3060406**  
**PG DIPLOMA EXMINATION - JAN 2009**

**PGDY**

**ASTANGA YOGA AND TECHNIQUE**

**(For the Candidates Admitted from Calendar Year 2007)**

**Time: 3 hours**

**Max. Marks: 75**

**Section-A**

**Answer All Questions:**

**15 X 1 = 15**

1. Define Astanga yoga
2. Define Meditation
3. Define Iyama
4. Define Nyama
5. Define Asana
6. Define Pranayama
7. Define Prathyagara
8. Define Dharana
9. Define Dhyana
10. Define Samadhi
11. Yoga art of science yes (or) no
12. Astanga yoga is the part of Raja yoga yes (or) no
13. Astanga yoga having eighet limbs yes (or) no
14. Define diet
15. Define Obesity

**Section - B**

**Answer any Five Questions:**

**5 X 6 = 30**

16. a. Stat the Metabolic change that occurs in the human body during yogic practice.

**(Or)**

b. Explain the physiological benefits of Meditation.

17. a. Explain the classification of Synovial joint.

**(Or)**

b. State the functions of the lungs and pulmonary.

18. a. Explain the thoracic cage.

**(Or)**

b. Briefly explain the digestive system and the benefits of kriyas in that system.

19. a. Explain abdominal and thoracic breathing.

**(Or)**

b. Write notes of autonomic nervous system.

20. a. Name the parts of the digestive system and their functions.

**(Or)**

b. Explain the functions of the kidney.

**Section -C**

**Answer any Two Questions:**

**2 X 15 = 30**

21. Explain the physiological benefits of pranayama in the respiratory and circulatory systems.
22. Explain the physiological benefits of various types of asanas on various systems on the body.
23. Describe the mechanism of respiration and the gasces exchange in the lungs.
24. Describe the muscles of respiration and their action.
25. Draw alabeled diagram of heart and their circulation (or) function.