

MANONMANIAM SUNDARANAR UNIVERSITY

DIRECTORATE OF DISTANCE AND CONTINUING EDUCATION

INTERNAL ASSIGNMENT FOR MAY 2024 EXAMINATIONS

CERTIFICATE COURSE IN YOGA FOR HUMAN EXCELLENCE

First Semester

Yogic Life (Physical Body, Life Force & Mind)

Sub Code: DCYH11

1. (a) Meaning of PRANAYAMA, its type, & Benefits.

(or)

(b) Meaning of Meditation, Principles and its benefits

2 (a) Detailed notes on the physical structure of the human body.

(or)

(b) Write notes on the MUDRA meditation.

MANONMANIAM SUNDARANAR UNIVERSITY

DIRECTORATE OF DISTANCE AND CONTINUING EDUCATION

INTERNAL ASSIGNMENT FOR MAY 2024 EXAMINATIONS

CERTIFICATE COURSE IN YOGA FOR HUMAN EXCELLENCE

First Semester

Sublimation and Social Welfare

Sub Code: DCYH12

1. (a) Meaning of KAPALABHATI, its type, benefits.

(or)

(b) Importance of Preparatory Exercise

2. (a) What is Social Welfare? Stages of KUNDALINI Yoga and its benefits through sublimation – Explain.

(or)

(b) Explain the Stages of KUNDALINI Yoga. What is the difference between Yoga and KUNDALINI Yoga?