

# **ANONMANIAM SUNDARANAR UNIVERSITY**

DIRECTORATE OF DISTANCE AND CONTINUING EDUCATION

INTERNAL ASSIGNMENT FOR MAY 2024 EXAMINATIONS

**Diploma in Yoga for Human Excellence**

**First Semester**

**Yogic life (Physical Body, Life Force & Mind)**

**Sub Code: DDYH11**

1. (a) Need and importance of physical Health

(or)

(b) Importance of Meditation

2. (a) Explain about the human mental frequency.

(or)

(b) Briefly explain about the forms of ASANAS.

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**First Semester**

**Sublimation and Social Welfare**

**Sub Code: DDYH12**

1. (a) Explain Benefits of Tad asana, & PADAHASTASANA.

**(or)**

(b) Principles and Benefits of PRAMAYAMA..

2. (a) What is life? Why is it important to have a life philosophy? Explain the emotional needs.

**(or)**

(b) What are the different names of desire? Desire cannot be eradicated. Why?- Explain.

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**First Semester**

**Mental Prosperity and Human Excellence**

**Sub Code: DDYH13**

1. **(a)** Explain sitting Asana BHADRASANA ,Vakrasana.

**(or)**

**(b)** Explain Prone Asana Bhujangasana, salabasana.

2. **(a)** How do you practice Trataka? Explain how does help to increasing ones

Sattvika.

**(or)**

**(b)** Explain the practice of sungazing meditation and benefits and importance of health.

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**First Semester**

**Science of Divinity and Relation Realization of Self**

**Sub Code: DDYH14**

- 1 (a) Explain the various concepts of the almighty  
(or)  
(b) Brief notes on the objectives of religion.
  
- 2 (a) Write notes on origin of the Panchabhoothas.  
(or)  
(b) Explain the four types of energy particles.