

ASSIGNMENT QUESTIONS DEC 2024 EXAMINATION

DECEMBER 2024 ASSIGNMENT QUESTIONS

CERTIFICATE COURSE IN YOGA FOR HUMAN EXCELLENCE

Name of the course – Yoga Life (Physical Body, Life Force & Mind) – DCYH11

1. (a) Write notes on cause of disease in human being ?

(OR)

- (b) Describe importance of exercise before the asana ?

2. (a) Explain about the types of Pranayana Exercise ?

(OR)

- (b) Asanas common rules and regulations - Describe ?

Name of the Course - Sublimation and Social Welfare – DCYH12

1. (a) What is Kundalini Yoga ? Explain the four elements of Kundalini yoga ?

(OR)

- (b) Define Id, Ego, and super Ego ?

2. (a) Explain in detail about

- a) Tolerance, b) Friendship c) Family ?

(OR)

- (b) What are the factors play an important role in the well being of an individual and prosecutions of crime against women and girls ?