

**S.S. JAIN SUBODH P.G. COLLEGE, JAIPUR
(AUTONOMOUS)
ASSIGNMENT-I**

SUBJECT - YOGA

Paper-I- Foundation of Yoga (MAYO101)

Session: 2025-26

Class: M.A. Pre. (SEM. I)

Unit I

Question No. 1: Explain the development of Yoga?

;ksx ds fodkl dk o.kZu\

Question No. 2: Write an short note on Hatha Yoga?

gB ;ksxijfucU/k fy[ksa\

Unit II

Question No. 3: Explain Karma Yoga?

de ;ksx dk o.kZudhft,\

Question No. 4: What is Gyana Yoga?

fØ;k ;ksxD;kgS\

Unit III

Question No. 5: Explain the contribution of Swami Vivekanand in the field of Yoga?

;ksx ds {ks= esaLokhefoosdkuUn ds ;ksxnku dk o.kZu\

Question No. 6: Discuss the obstruction elements of Yoga?

;ksx ds ck/kdrRoksa dk foospudhft,\

Unit IV

Question No. 7: Describe the nature of Yoga according to Bhagwadgita?

xhrk ds vuqlkj ;ksx ds Lo:i dk o.kZu\

Question No. 8: What the role of Yoga?

;ksx dk egRofyf[k,\

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SUBJECT - YOGA

Paper-II- Yoga Therapy (MAYO102)

Session: 2025-26

Class: M.A. Pre. (SEM. I)

Unit I

Question No. 1: Write the benefits and principles of Yoga therapy?

;ksxfpfdRlk ds ykHk ,oafI)kUrfyf[k,\

Question No. 2: Write the rules to be followed by Therapist?

,d fpfdRld }kjkikyufd, tkusokys eq[; fu;eksadksfyf[k,\

Unit II

Question No. 3: Explain the benefits of Yoga therapy for Asthma Management?

vLFkek ds izcU/ku ds fy, ;ksxfpfdRlk dk egRofyf[k,\

Question No. 4: What are the main causes of High and Low blood pressure?

mPp ,oafuEujDrpki ds eq[; dkj.kD;kgSa\

Unit III

Question No. 5: Write down the introduction of five elements theory?

iaprRofI)kUr dk ifjp; nhft,\

Question No. 6: Define the concept of stress. What is your work life balance explain?

ruko dh vo/kkj.kkdksifjHkkf"krdhft,Avki dk dk;ZlUrqyuD;kgS]fyf[k,\

Unit IV

Question No. 7: Write the main Principles of Panch Kosha?

iapdks'k ds eq[; fl)kUrfyf[k,\

Question No. 8: Write the relationship between therapist and patient?

,d fpfdRld ,oajksxh ds chplEcU/k dksfyf[k,\

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SUBJECT - YOGA

Paper-III- Mental Health & Yoga-I (MAYO103)

Session: 2025-26

Class: M.A. Pre. (SEM. I)

Unit I

Question No. 1: Determine mental health?

ekufldLokLF; dksifjHkkf"krdhft,\

Question No. 2: Write any two benefits of meditation?

/;kuls gksusokysdksbZnksykHkfyf[k,\

Unit II

Question No. 3: Write the need of yoga for physical and mental health?

'kkjhfd ,oekufldLokLF; ds fy, ;ksx dh vko';drkfyf[k,\

Question No. 4: Write the main doctrine of Yoga for healthy life?

LoLF; thou ds fy, ;ksx ds eq[; fl)kUrfyf[k,\

Unit III

Question No. 5: Write the relationship between Pranayama and mental health?

izk.kk;kevkSjekufldLokLF; ds chpIEcU/k fyf[k,\

Question No. 6: Explain the classification of Raj Yoga?

jkt;ksx dk oxhZdj.kcrkb;s\

Unit IV

Question No. 7: Depict the classification of Gyan Yoga?

Kku;ksx ds oxhZdj.k dk o.kZudjsa\

Question No. 8: Write a short note on :-

(a) Kapaal Bhati (dikyHkkfr)

(b) Ujjai (mTtk;h

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SUBJECT - YOGA

**Paper-IV- Applied Human Anatomy and physiology
(MAYO104)**

Session: 2025-26

Class: M.A. Pre. (SEM. I)

Unit I

Q.1 Write structure and function of cell and tissue.

कोशिका और ऊतक की संरचना और कार्य लिखिए।

Q.2 Explain structure, type and contraction of muscle.

मांसपेशियों की संरचना, प्रकार और संकुचन को समझाइये।

Unit II

Q.3 Write structure and function of Digestive system.

पाचन तंत्र की संरचना एवं कार्य लिखिए।

Q.4 Describe reproductive system of male and female with suitable diagram.

नर एवं मादा के प्रजनन तंत्र का उपयुक्त चित्र सहित वर्णन करें।

Unit III

Q.5 Describe structure and physiology of heart.

हृदय की संरचना एवं शरीर क्रिया विज्ञान का वर्णन करें।

Q.6 What is respiration? Explain the procedure of respiration.

श्वसन क्या है? श्वसन की प्रक्रिया समझाइये।

Unit IV

Q.7 Describe the structure of brain and add note on nervous system.

मस्तिष्क की संरचना का वर्णन करें और तंत्रिका तंत्र पर टिप्पणी जोड़ें।

Q.8 Write short notes on:

इस पर संक्षिप्त नोट लिखें:

A. Hormones हार्मोन

B. Immune system प्रतिरक्षा प्रणाली

C. Endocrine Glands अंतःस्रावी ग्रंथियाँ