



## ASSIGNMENT QUESTIONS

### Diploma in Yoga for Human Excellence.

#### Name of the Course – Yogic Life (Physical Body, Life Force & Mind)– DDYH11

1. (a) Detail notes on the Physical structure of the human body ?  
(OR)  
(b) Explain about breathing exercise, kabalapathi and makarasana ?
2. (a) Write notes on the benefits of meditation ?  
(OR)  
(b) Explain about the benefits of body relaxation ?

#### Name of the Course – Sublimation and Social Welfare– DDYH12

1. (a) What are the effect of angles on self and others ?  
(OR)  
(b) What is gender equality ? What are the biological and phynological characteristics Explain ?
2. (a) What does a divine soul mean ? Explain the concept of divine soul about by Swamy Vivekananda ?  
(OR)  
(b) Explain the Universal Maynetism ?

**Name of the Course – Mental Prosperity and Human Excellence – DDYH13**

1. (a) Define – Divine Meditation (Dhyaaan) Explain the use and benefits of Divine Meditation ?

**(OR)**

- (b) How to practice Trataka ? Explain how does help to increase one Sattvika.

2. (a) What are the five actions of the energy waves ? Explain the philosophy of Maynetion ?

**(OR)**

- (b) List out the hour steps of simplified Kundalini Yoga (Sky Yoga) system ?

**Name of the course – Science of Divinity and Relation Realization of Self –  
DDYH14**

1. (a) Explain the relationship between the planets and the living beings ?

**(OR)**

- (b) Explain the history of living beings ?

2. (a) Describe the origin of the give sense organ ?

**(OR)**

- (b) Write notes on the art of public speaking ?