



ANDHRA UNIVERSITY

TRANS-DISCIPLINARY RESEARCH HUB

YOGA AND MEDITATION

UNIT – 1:- **Yoga –Introduction, Meaning, and Objective**

Yoga –Meaning, Definition, Concepts, objectives, Misconceptions

UNIT- 2:- **Development of yoga and comparison with physical education**

Historical development of yoga and yogic texts-compare and contrast yogic education with Physical Education

UNIT-3:- **Meditation and concentration**

Meaning of meditation, concentration and their experiences

UNIT -4:- **Effect of Yogic Practice on different systems**

The effect of various yogic practices on different systems namely skeletal system, Endocrine system, Nervous System, Digestive System and Excretory system, Illustrations from the lives of yogis in India

Unit-5:- **Yoga Asanas, Pranayama, Mudras and Kriyas**

Yoga vijnan- A general Survey of the preventive , Promotive and curative aspects of yoga techniques, Viz, Asanas, Pranayama, Mudras and kriyas etc like Asthma, Hypertension, Arthritis & Diabetes

Reference Books

- 1) Asanas by Swamy Kuvalayanand ,popular prakashan,Bombay-1971
- 2) Pranayama by Swamy Kuvalayanand ,popular prakashan,Bombay-1971
- 3) Yogic therapy by Swamy Kuvalayanand & S.L.Vinekar central health education bureau ,Minutes of Health, New Delhi 1971s
- 4) Yogic Practice by M.Venkat Reddy,Director ,Vemana Yoga Research Institute ,1992,Hyderabad
- 5) Scientific report on Yoga ,Research Published by Vemana Yoga Research Institute, 1992, Hyderabad
- 6) Halthapradipika by Swami Digamberji, Kaivalyadhama, Lonavala 1978



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MODEL QUESTION PAPER YOGA AND MEDITATION

Time 3 hours

Max. Marks (5x20) = 100

Answer any Five Questions. All Questions carry equal Marks.

- 1) Explain the meaning and definition of Yoga. Write their objectives.
- 2) Define the forms of kriyas. Educate in detail the effects of kriyas on various organic systems of human body.
- 3) Write the concepts of meditation? Explain the concentration and their experiences.
- 4) “Regular practice of asanas improve the health condition of human being “ Justify the statement with your explanation .
- 5) What is the Astanga Yoga. Write the significance of Astanga yoga in modern society.
- 6) Explain briefly about Pranayama and mention in types?
- 7) Explain the effects of Yoga on Physiological systems.
- 8) Write the effects of Pranayama on major Chakras.