



MADHYA PRADESH BHOJ (OPEN) UNIVERSITY, BHOPAL

e/; in'k Hkk t ¼eDr½ fo'ofok|ky;] Hkkiky

Accredited with "A" Grade by NAAC

CERTIFICATE IN INTRODUCTION TO YOGA NIDRA (SESSION 2024-25) (June-July)

SUBJECT: ;kx funk dk ifjp;

ASSIGNMENT QUESTION PAPER- FIRST

MAXIMUM MARKS: 30

fun'k&

01- I Hkh i'u Lo; dh gLrfyfi e gy djuk vfuok; gA

02- fo'ofok|ky; }kjk ink; I=h; mRrjifLrdkvk e gh I=h; i'ui= gy djuk vfuok; gA

03- I=h; dk; mRrjifLrdk d iFke i"B dk lko/kkuhiod ijk Hkj vkj mle mlh fo"k; dk i'ui= gy dj tk mRrjifLrdk d iFke i"B ij vfdr fd;k gA

04- I=h; dk; mRrjifLrdk viu v/;;u dUn ij tek dj mldh ikorh vo'; iklr djA

ukM I Hkh i'u gy djuk vfuok; gA I Hkh i'uk di vd leku gA

i-1 ;kx funk d fy, eu dk d l if'kf{kr fd;k tk l drk g \

i-2 ;kx funk dk vH;k l dju d fy, dN l keU; I>ko D;k g \

i-3 ;kx funk dk efLr"d ij iHkkoA



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ukM I Hkh i'u gy djuk vfuok;I gA I Hkh i'uk di vd leku gA

i-1 ;kx funk e n';kRedrk dk egRoA

i-2 ;kx funk e foJke dh dyk dk foLrkj I o.ku djA

i-3 ;kx funk djr le; u, I k/kd dk fdu ckrk dk /;ku j[kuk pkfg, \ ,o ;kx

funk e if'k{kdk dh Hkfedk le>kb,A



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ukM I Hkh i'u gy djuk vfuok;I gA I Hkh i'uk dI vd Ieku gA

i-1 ;kx funk e e=k dk i ;kx foJke vkj /;ku dk dI c<krk g \

i-2 ruko vkj fprk dk de dju e ;kx funk d I Hkkfor ykHkk dk o.ku djA

i-3 ^bfn;k dh cfge[krk dk vre[k gkuk gh iR;kgkj g* iR;kgkj e ;kx funk dh

Hkfedk Ie>kb,A



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ukM I Hk i'u gy djuk vfuok; gA I Hk i'uk di vd leku gA

i-1 cPpk d fnekx d lex fodkl e ;kx funk d l ;kx nku nrh g] le>kb,A

i-2 ppk dj fd ;kx funk efLr"d d rkfd vkj lgt igyv dk d l ,dhdr dj l drh gA lh[ku] leL;k&lek/kkj vkj lex lKkukRed dk; d fy, bld D;k fufgrkFk g \

i-3 cPPk e fofHkUu jpukRed dk'ky fuek.k] ,o 0;kf/keDr thou e ;kx funk d l ykHkdkih g \ le>kb,A



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ukM I Hkh i'u gy djuk vfuok; gA I Hkh i'uk d vd leku gA

i-1 ;kx funk d InHk e lekf/k D;k g] vkj dkb bll dI mHkjrk g \

i-2 pruk l D;k vfHkik; g] ;kx funk l llr eu dk dI tkxr fd;k tk ldrk g\

i-3 ;kx funk ruko dk edkcyk djrh g vkj foJke dk c<kok nrh gA



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ukM I Hkh i'u gy djuk vfuok;| gA I Hkh i'uk d| vd leku gA

i-1 ruko vkj volkn D;k g \ ^ruko ic/ku e ;kx funk ,d vk"kf/k g**] le>kb,A

i-2 ekufld LokLF; d fy, ;kx funkA

i-3 ;kx funk e ^I{e 'kjhjk** dh vo/kkj.kk ij ppk dj vkj ;kx funk vH;kI d nkjku mudk vuHko dI gkrk g \



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ukM I Hk i'u gy djuk vfuok;I gA I Hk i'uk di vd Ieku gA

i-1 ;kx funk e pØk d irhdk dk egRo D;k g \

i-2 ;kx funk e ^le; e xfr** dh vo/kkj.kkA

i-3 ;kx funk d vuHko dk cgrj cuku d fy, Hke/; dUn ij /;ku dfUnr dju dk o.ku dJA



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ukM I Hk i'u gy djuk vfuok;I gA I Hk i'uk di vd Ieku gA

i-1 ;kx funk e fpnkdk'k d;k g \

i-2 ;kx funk I ekufld fodkjk] fodfr;k e gku oky ykHk dk Ie>kb,A

i-2 Nfo n';rk I D;k vk'k; g \ ^;kx funk djr Ie; u, I k/d e n'; cnyu dh

Ie; xfr rt gkrh g** foLrr :i I 0;k[;k dhft,A