**Group assignment topics for Unit 3 Yoga**

Attempt any 2 in each of the subunits-

Unit 1

1. What are the loosening exercises (Pawanmuktasana Part-1) in Yoga? Write in Brief with some Suitable diagrams.
2. Who is  Maharshi Patanjali? discuss the details of the content of his text Patanjal Yoga Sutra?
3. Explain the complete biography of BKS Iyenger and his contribution in the field of Yoga? Explain in detail.
4. Discuss the life journey of Swami Kuvalayananda? and make a complete list of books in the scientific and literary books in the field of Yoga.

Unit 2

1. What are the loosening exercises (Pawanmuktasana Part-1) in Yoga? Write in Brief with some Suitable diagrams.
2. What is Breath? Write the Importance of breath in Yoga Sadhana
3. Write a Concept note on Meditation & explain any one technique of it along with benefits
4. How Yoga Practices are connected with mind-body wellness?

**Group assignment topics for unit 4 Ancient Indian Agriculture**

Attempt any 1 of the following

* 1. Discuss the traditional methods of farming used in ancient India and their impact on modern agricultural practices.
  2. Compare and contrast ancient Indian agricultural techniques with those of another ancient civilization.
  3. Analyze the role of irrigation in ancient Indian agriculture and its importance for modern farming.
  4. Evaluate the crop rotation and mixed cropping techniques used in ancient India and how they contributed to sustainable farming.
  5. Investigate the methods used by ancient Indian farmers to predict weather and their significance in agricultural planning.
  6. Explore the relationship between traditional weather prediction methods and modern meteorological techniques.
  7. Present a case study of a specific region in ancient India known for its agricultural practices and discuss the factors contributing to its success.
  8. Develop a practical application plan that incorporate ancient Indian agricultural techniques into contemporary farming practices.
  9. Examine the technological innovations in ancient Indian agriculture and their relevance today.
  10. Discuss the influence of ancient Indian agriculture on global farming practices.