

D.N.Y.S : Winter-2019
SUBJECT : YOGA PAPER - I

Day : Friday
Date : 13-12-2019

Time : —
Max. Marks : —

W-4025-2019

N. B. :

- 1) All questions are **COMPULSORY**.
- 2) You have to make (√) such kind of marks in the box of appropriate answer.
- 3) This question paper is self as an answer script, you have to written to the supervisor after **10** minutes.
- 4) There is no negative marking.

Seat No. _____

Total Marks Obtained: _____

Jr. Supervisor's Signature: _____

Signature of Examiner: _____

MCQ's:

Q. 1 Samadhi is the _____ part of Asthanga yoga.

- a) ☐ 2
- b) ☐ 6
- c) ☐ 3
- d) ☐ 8

Q. 2 In Sanskrit, vyadhi means _____.

- a) ☐ Health
- b) ☐ Wealth
- c) ☐ Disease
- d) ☐ Happiness

Q. 3 Sthiram Sukhama _____.

- a) ☐ Pranayamam
- b) ☐ Asanam
- c) ☐ Dhyanam
- d) ☐ Dharnam

Q. 4 There are _____ main Nadis.

- a) ☐ 6
- b) ☐ 7200
- c) ☐ 3
- d) ☐ 9

P. T. O.

Q. 5 Aim of yoga is to achieve _____.

- a) ☐ Dharma
- b) ☐ Artha
- c) ☐ Kama
- d) ☐ Moksha

Q. 6 According to yoga diseases start from _____ kosha.

- a) ☐ Annamaya
- b) ☐ Pranamaya
- c) ☐ Manomaya
- d) ☐ Anandmaya

Q. 7 Patanjali compiled yoga sutras in _____ pada.

- a) ☐ 7
- b) ☐ 6
- c) ☐ 4
- d) ☐ 5

Q. 8 Shatkarmas are the _____ techniques of yoga.

- a) ☐ Cleansing
- b) ☐ Meditative
- c) ☐ Pranik
- d) ☐ Postural

Q. 9 According to yoga there are _____ kosha in human body.

- a) ☐ 6
- b) ☐ 4
- c) ☐ 3
- d) ☐ 5

Q.10 Ahinsa is a sub part of _____.

- a) ☐ Asana
- b) ☐ Yama
- c) ☐ Niyama
- d) ☐ Pratyahara

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DIPLOMA IN NATUROPATHY & YOGIC SCIENCES D.N.Y.S.: WINTER- 2019
SUBJECT: YOGA (T P-I)

Friday 13-12-2019
10:00 AM-01:00 PM

W-4025-2019
Max. Marks: 100

N. B. :

- 1) All questions are **COMPULSORY**.
 - 2) Figures to the right indicate **FULL** marks.
 - 3) Draw neat and labelled diagram **WHEREVER** necessary.
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- Q. 1** Explain Asthanga yoga and its importance. (15)
- Q. 2** Explain Panchkosha in detail. (15)
- Q. 3** Explain personally development through yoga. (10)
- Q. 4** Describe Hathyoga in detail. (10)
- Q. 5** Write short notes on **ANY TEN** of the following: (40)
- a) Bhagwat Gita
 - b) Vidnyanamaya kosha
 - c) Dhyana
 - d) Panchprana
 - e) Concept of yoga therapy
 - f) Karma yoga
 - g) Samadhi
 - h) Dharna
 - i) Dhyan
 - j) Patanjali
 - k) Anamaya kosha
 - l) Niyam

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हिंदी रूपांतर

सूचनाएं:

- १) सभी प्रश्न अनिवार्य हैं।
 - २) दाहिने दिए हुए अंक प्रश्नों का पूर्ण गुण दर्शाते हैं।
 - ३) आवश्यकता नुसार आकृतियां निकालिए।
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| प्र.१ | अष्टांगयोग का सविस्तर वर्णन कीजिए और उसका महत्व बताइए। | (१५) |
| प्र.२ | पंचकोष का सविस्तर वर्णन कीजिए। | (१५) |
| प्र.३ | योग द्वारा व्यक्ति का व्यक्तित्व विकास कैसे होता है यह वर्णन कीजिए। | (१०) |
| प्र.४ | हठयोग पर सविस्तर लिखिए। | (१०) |
| प्र.५ | टिप्पणी लिखिए। (कोई भी दस) | (४०) |
- १) भगवद्गीता
 - २) विज्ञानमय कोष
 - ३) ध्यान
 - ४) पंचप्राण
 - ५) योगचिकित्सा का उद्देश
 - ६) कर्म योग
 - ७) समाधी
 - ८) धारणा
 - ९) ध्यान
 - १०) पतंजली
 - ११) अन्नमय कोष
 - १२) नियम

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