

D.N.Y.S.: Winter-2019

SUBJECT : YOGA PAPER - II

Day : Saturday  
Date : 14.12.2019

Time : —  
Max. Marks : 10

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 Shat kriyas are \_\_\_\_\_ in numbers.

- a) ☐ 8
- b) ☐ 2
- c) ☐ 7
- d) ☐ 6

Q. 2 The main aim of pranayama is \_\_\_\_\_.

- a) ☐ Plavani
- b) ☐ Nadi shuddhi
- c) ☐ Bharmari
- d) ☐ Kapal bhati

Q. 3 Suryabhedhi nadi is also known as \_\_\_\_\_.

- a) ☐ Ida
- b) ☐ Pingala
- c) ☐ Sushumana
- d) ☐ None

Q. 4 Bhandhas are traditionally done with \_\_\_\_\_.

- a) ☐ Dhyan
- b) ☐ Pranayama
- c) ☐ Kriyas
- d) ☐ Asana

P. T. O.

- Q. 5 Pranayama is the practice of \_\_\_\_\_.
- a) ☐ Breathing
  - b) ☐ Exercise
  - c) ☐ Running
  - d) ☐ Roaming
- Q. 6 Dhouti is done in \_\_\_\_\_ problems.
- a) ☐ Digestive
  - b) ☐ Spinal
  - c) ☐ Knee
  - d) ☐ Respiratory
- Q. 7 Vrikshasana is an example of \_\_\_\_\_ asana.
- a) ☐ Stimulating
  - b) ☐ Sitting
  - c) ☐ Relaxing
  - d) ☐ Standing
- Q. 8 \_\_\_\_\_ kriya is done to cleanse nasal passage.
- a) ☐ Basti
  - b) ☐ Tratak
  - c) ☐ Neti
  - d) ☐ Dhauti
- Q. 9 In yoga therapy cervical traction is given in \_\_\_\_\_.
- a) ☐ Frozen shoulder
  - b) ☐ Lower backache
  - c) ☐ Cervical gap
  - d) ☐ Knee pain
- Q.10 \_\_\_\_\_ helps in digestion.
- a) ☐ Shirshasana
  - b) ☐ Padmasana
  - c) ☐ Vajrasana
  - d) ☐ Tadasana

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D.N.Y.S : Winter-2019

SUBJECT : YOGA PAPER - II

Day : Saturday

Time : 10-00 A.M. TO 1-00 P.M.

Date : 14-12-2019

Max. Marks : 90

W-4025-2019

N. B. :

- 1) All questions are **COMPULSORY**.
- 2) Figures to the right indicate **FULL** marks.
- 3) Draw neat and labelled diagram **WHEREVER** necessary.

- Q. 1 Describe merits and demerits of Aasana and Exercise. (15)
- Q. 2 Describe in Aasana with type in detail. (15)
- Q. 3 Explain all pranayama in detail. (10)
- Q. 4 Explain nadishodhan pranayama in detail with Bandha. (10)
- Q. 5 Write short notes on **ANY TEN** of the following: (40)
- a) Suraya bhedi
  - b) Chakrasan
  - c) Tratak
  - d) Kunjal
  - e) Virasan
  - f) Gomukhasan
  - g) Bhastrika Pranayam
  - h) Matsendrasan
  - i) Halasan
  - j) Jalneti
  - k) Nauli
  - l) Kapal Bhati

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## हिंदी रूपांतर

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### सूचनाएं:

- १) सभी प्रश्न अनिवार्य हैं।
  - २) दाहिने दिए हुए अंक प्रश्नों का पूर्ण गुण दर्शाते हैं।
  - ३) आवश्यकता अनुसार आकृतियां निकालिए।
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प्र.१	आसन और प्राणायाम के गुण दोष लिखिए।	(१५)
प्र.२	आसनों के प्रकार को सविस्तर लिखिए।	(१५)
प्र.३	सभी प्राणायामों को विस्तार से लिखिए।	(१०)
प्र.४	नाडी शोधन प्राणायाम को बंधो के साथ सविस्तर लिखिए।	(१०)
प्र.५	टिप्पणी लिखिए। (कोई भी दस)	(४०)
	१) सूर्यभेदी	
	२) चक्रासन	
	३) त्राटक	
	४) कुंजल	
	५) वीरासन	
	६) गोमुखासन	
	७) भस्त्रिका	
	८) पूर्ण मत्सेन्द्रासन	
	९) हलासन	
	१०) जलनेती	
	११) नौली	
	१२) कपालभाति	

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