

DIPLOMA IN NATUROPATHY & YOGIC SCIENCES (2019 COURSE)
D.N.Y.S. :SUMMER- 2022
SUBJECT : YOGA (T P-I) PAPER-I

Day : Monday
Date : 22-08-2022

S-22703-1-2022

Time : 10:00 AM-01:00 PM
Max. Marks : 10

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

Q.1 _____ is include in Yama

- a) ☐ Tapa
- b) ☐ Santosh
- c) ☐ Asana
- d) ☐ Ahinsa

Q.2 Major Pranas are _____

- a) ☐ Two
- b) ☐ Four
- c) ☐ Six
- d) ☐ Five

Q.3 Ishwar Pranidhan is a sub part of _____

- a) ☐ Yama
- b) ☐ Niyam
- c) ☐ Asana
- d) ☐ Pranayama

Q.4 Aim of yoga is to achieve _____

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

P.T.O.

Q.5 Astanga yoga consists of _____ parts.

- a) ☐ 6
- b) ☐ 7
- c) ☐ 8
- d) ☐ 9

Q.6 Yama is _____ step of Yoga.

- a) ☐ 6
- b) ☐ 7
- c) ☐ 4
- d) ☐ 1

Q.7 The first layer of existence according to yoga is _____ Kosha.

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

Q.8 Yoga therapy is a form of _____ treatment.

- a) ☐ External
- b) ☐ Internal
- c) ☐ Both 'a' and 'b'
- d) ☐ Emergency

Q.9 Samatayam yoga uchate is defined by _____

- a) ☐ Patanjali
- b) ☐ Veda
- c) ☐ Purana
- d) ☐ Bhagwat Gita

Q.10 There are _____ main nadis.

- a) ☐ 6
 - b) ☐ 7200
 - c) ☐ 3
 - d) ☐ 9
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Date : 22-08-2022

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Time : 10:00 AM-01:00 PM
Max. Marks : 90

N.B.:

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

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- | | | |
|-----|---|------|
| Q.1 | Definition of Yoga in detail? Explain Yoga history in detail. | [15] |
| Q.2 | Describe Asthang Yoga in detail? | [15] |
| Q.3 | Describe Hathayoga and Rajyoga in detail. | [10] |
| Q.4 | Explain Panchkosha in detail? Modern approach in Yoga? | [10] |
| Q.5 | Write short notes on ANY TEN of the following: | [40] |
| a) | Antarang Sadhana | |
| b) | Yam | |
| c) | Karmayog | |
| d) | Bhaktiyog | |
| e) | Yogdarshan | |
| f) | Samadhipad | |
| g) | Santosh | |
| h) | Swadhyay | |
| i) | Dhanyog | |
| j) | Dharana | |
| k) | Shouch | |
| l) | Ahinsa | |
- * * * * *

हिंदी रूपांतर .

सूचनाएं:

- १) सभी प्रश्न अनिवार्य हैं ।
- २) दाहिने ओर दिए हुए अंक गुणोंका निर्देश करते हैं ।

प्र.१	योग की व्याख्या सविस्तर वर्णन लिखिए एवं योग का इतिहास सविस्तर लिखिए ।	(१५)
प्र.२	अष्टांग योग को सविस्तर लिखिए ।	(१५)
प्र.३	हठयोग व राजयोग पर सविस्तर लिखिए ।	(१०)
प्र.४	पंचकोश को सविस्तर लिखिए एवं योग में आधुनिक दृष्टिकोन लिखिए ।	(१०)
प्र.५	टिप्पणी लिखिए । (कोई भी दस)	(४०)
	१) अंतरंग साधना	
	२) यम	
	३) कर्मयोग	
	४) भक्तियोग	
	५) योगदर्शन	
	६) समाधीपाद्	
	७) संतोष	
	८) स्वाध्याय	
	९) ध्यान योग	
	१०) धारणा	
	११) शौच	
	१२) अहिंसा	

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DIPLOMA IN NATUROPATHY & YOGIC SCIENCES (2019 COURSE)
D.N.Y.S. :SUMMER- 2022
SUBJECT : YOGA (T P-I) PAPER-II

Day : Tuesday
Date : 23-08-2022

S-22703-2-2022

Time : 10:00 AM-01:00 PM
Max. Marks : 10

N.B.:

- 1) All questions are **COMPULSORY**.
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- 3) This question paper is self as an answer script you have to written to the supervisor after 10 minutes.
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Jr. Supervisor's Signature: _____

Signature of Examiner: _____

MCQS

Q.1 The first technique of Pranayam is _____

- a) ☐ Nadi Shuddhi
- b) ☐ Bhramari
- c) ☐ Kapal Bhati
- d) ☐ Ujjayi

Q.2 In yoga therapy, lumber traction is given for _____.

- a) ☐ Frozen shoulder
- b) ☐ Cervical Pain
- c) ☐ Knee Pain
- d) ☐ Backache

Q.3 Shitali Pranayam _____ body heat.

- a) ☐ Decreases
- b) ☐ Increases
- c) ☐ Balances
- d) ☐ Maintains

Q.4 Nadi Shuddhi is a type of _____

- a) ☐ Asana
- b) ☐ Pranayama
- c) ☐ Kriya
- d) ☐ Meditation

P.T.O.

Q.5 Padmasana is _____ posture.

- a) ☐ Meditating
- b) ☐ Stimulating
- c) ☐ Relaxing
- d) ☐ All above

Q.6 Pranayama is the practice of _____.

- a) ☐ Breathing
- b) ☐ Exercise
- c) ☐ Running
- d) ☐ Roaming

Q.7 Shat kriyas are _____ in number

- a) ☐ 4
- b) ☐ 3
- c) ☐ 8
- d) ☐ 6

Q.8 Surybhedi nadi is also known as _____

- a) ☐ Ida
- b) ☐ Pingala
- c) ☐ Sushumana
- d) ☐ None of the above

Q.9 Vrikshasana is an example of _____ asana.

- a) ☐ Relaxing
- b) ☐ Sitting
- c) ☐ Standing
- d) ☐ Stimulating

Q.10 Horizontal arm movement is yoga therapy for _____ problems.

- a) ☐ Liver
 - b) ☐ Lung
 - c) ☐ Knee
 - d) ☐ Cervical
- * * * * *

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- 1) All questions are **COMPULSORY**.
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- Q.1** Explain in detail. How many Pranayams are there by writing the explanation of Pranayam? [15]
- Q.2** Explain Mudra and Bandhas in details? [15]
- Q.3** Describe Shat Karma in detail? [10]
- Q.4** What is Asana and what is the use of Asana in Today's Life? Write in detail? [10]
- Q.5** Write short notes on **ANY TEN** of the following: [40]
- a) Surya Bhedi
 - b) Tratak
 - c) Dhanurasan
 - d) Parvatasan
 - e) Chakrasan
 - f) Purak-rechak
 - g) Shirsashan
 - h) Pavan Muktasana
 - i) Halasan
 - j) Sarvangasan
 - k) Bhujangasan
 - l) Mayurasana

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हिंदी रूपांतर

सूचनाएं:

- १) सभी प्रश्न अनिवार्य हैं।
- २) दाहिने ओर दिए हुए अंक गुणोंका निर्देश करते हैं।

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|-------|---|------|
| प्र.१ | प्राणायाम की व्याख्या लिखकर कितने प्राणायाम हैं, सविस्तर वर्णन कीजिए। | (१५) |
| प्र.२ | मुद्रा और बंध को सविस्तर लिखिए। | (१५) |
| प्र.३ | षट्कर्म का सविस्तर वर्णन कीजिए। | (१०) |
| प्र.४ | आसन क्या है? और आज के लाईफ में आसन की क्या उपयोगिता है सविस्तर लिखिए। | (१०) |
| प्र.५ | टिप्पणी लिखिए। (कोई भी दस) | (४०) |
| | १) सूर्य भेदी | |
| | २) त्राटक | |
| | ३) धनुरासन | |
| | ४) पर्वतासन | |
| | ५) चक्रासन | |
| | ६) पुरक-रेचक | |
| | ७) शिर्षासन | |
| | ८) पवन मुक्तासन | |
| | ९) हलासन | |
| | १०) सर्वांगासन | |
| | ११) भुजंगासन | |
| | १२) मयूरासन | |

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