

**D.M.Y.S. : SUMMER - 2019**  
**SUBJECT : YOGA PAPER - II**

Day : Saturday  
Date : 22-06-2019

Time : —  
Max. Marks : 10

**S-2019-4241**

**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 itself as an answer script, you have to return to the Supervisor after **10** minutes.
- 4) There is no negative marking.

**Seat No.:** \_\_\_\_\_

**Total Marks Obtained:** \_\_\_\_\_

**Jr. Supervisor's Signature:** \_\_\_\_\_

**Signature of Examiner's:** \_\_\_\_\_

**MCQs:**

**Q. 1** Padmasa is an example as \_\_\_\_\_ asana.

- a)  Stimulation
- b)  Relaxing
- c)  Meditative
- d)  Stretching

**Q. 2** The main aim of Pranayam is \_\_\_\_\_

- a)  Nadi shuddhi
- b)  Bharamari
- c)  Kapalbhathi
- d)  Plavini

**Q. 3** \_\_\_\_\_ asana is advised for digestive problems.

- a)  Padmasana
- b)  Vajrasana
- c)  Shavasana
- d)  Parvatasana

**Q. 4** Vajrasana is example of \_\_\_\_\_ asana.

- a)  Sitting
- b)  Standing
- c)  Abdominal
- d)  Spinal

**P. T. O.**

- Q. 5** Bhramari is type of \_\_\_\_\_
- a)  Asana
  - b)  Pranayama
  - c)  Kriya
  - d)  Dhyan
- Q. 6** Pavan muktasana kriya is done for \_\_\_\_\_
- a)  Digestive system
  - b)  Back pain
  - c)  Heat problems
  - d)  Spinal problem
- Q. 7** Which of the following kriya is done to cleanse eyes?
- a)  Neti
  - b)  Vaman
  - c)  Trataka
  - d)  Kapal bhati
- Q. 8** QRT is an example of \_\_\_\_\_
- a)  Kriya
  - b)  Pranayama
  - c)  Relaxation technique
  - d)  Asana
- Q. 9** Chandra nadi is also known as \_\_\_\_\_
- a)  Ida
  - b)  Pingla
  - c)  Shushmna
  - d)  None
- Q. 10** IRT is a \_\_\_\_\_ technique.
- a)  Mediation
  - b)  Asanas
  - c)  Relaxation
  - d)  Neuro Muscular Kriya

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**D. N. Y. S. : SUMMER - 2019**  
**SUBJECT: YOGA PAPER -II**

Day: Saturday  
Date: 22/06/2019

Time: 10.00 AM TO 01.00 PM  
Max Marks: 90

S-2019-4241

**N.B.:**

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

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- Q.1** Explain merits and demerits it's of Aasana and Exercise. **(15)**
- Q.2** Describe Bandhas in detail. **(15)**
- Q.3** Explain the relaxation techniques in Yoga. **(10)**
- Q.4** Describe clinical effects of Pranayam in detail **(10)**
- Q.5** Write short notes on **ANY TEN** of the following : **(40)**
- a) Neti
  - b) Omkar
  - c) Makarasan
  - d) Usttrasan
  - e) Dhauti
  - f) Kapalbharati
  - g) Padh hastantan
  - h) Savasan
  - i) Veer Bdadrasan
  - j) Asvasanchalasan
  - k) Parvatasan
  - l) Bhastrika

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## हिन्दी रूपांतर

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### सूचनाएं:

- १) सभी प्रश्न अनिवार्य हैं।
  - २) दाहिने दिए हुए अंक प्रश्नों के गुण दर्शाते हैं।
  - ३) आवश्यकता नुसार आकृतियाँ निकालिए।
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प्र.१	आसन और व्यायाम के गुण और दोष लिखिए।	(१५)
प्र.२	बंधों पर सविस्तर वर्णन लिखिए।	(१५)
प्र.३	योग के तणाव निर्मुलन तंत्र सविस्तर लिखिए।	(१०)
प्र.४	प्राणायाम के चिकित्सक मूल्यों पर सविस्तर लिखिए।	(१०)
प्र.५	टिप्पणीयाँ लिखिए। (कोई भी दस) नेती ओमकार मकरासन उष्ट्रासन धौती कपालभाती पादहस्तासन शवासन वीरभद्रासन अश्वसंचालनासन पर्वतासन भस्त्रिका	(४०)

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