

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

Day : Friday
Date : 21/06/2019

Time : —
Max. Marks : 10

S-2019-4240

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

- a) Annamaya
- b) Pranamaya
- c) Manomaya
- d) Vidnyanamaya

Q. 2 Karma Yoga is the yoga of _____ control.

- a) Emotion
- b) Mind
- c) Work
- d) Ethics

Q. 3 _____ is included in Yama.

- a) Tap
- b) Santosh
- c) Asana
- d) Ahimsa

Q. 4 Eshwar Pranidhan is a sub part of _____

- a) Yama
- b) Niyam
- c) Asana
- d) Pranayam

P. T. O.

- Q. 5** Major Pranas are _____
- a) Two
 - b) Four
 - c) Six
 - d) Five
- Q. 6** Ahimsa is a subpart of _____
- a) Asana
 - b) Pratyahara
 - c) Yama
 - d) Niyama
- Q. 7** Astanga yoga consists of _____ parts.
- a) 2
 - b) 4
 - c) 6
 - d) 8
- Q. 8** _____ is included in Antaranga sadhana.
- a) Yama
 - b) Dhyana
 - c) Asana
 - d) Pranayam
- Q. 9** Samadhi is _____ part of Ashtanga yoga.
- a) 4
 - b) 5
 - c) 6
 - d) 8
- Q. 10** Yoga chitta vrutti nirodha is defined by _____
- a) Bhagwadgita
 - b) Charak
 - c) Vyasa
 - d) Patanjali

* * * * *

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

Day: Friday

Date: 21-06-2019.

S-2019-4240

Time: 10.00 AM TO 01.00 PM
Max Marks: 90

N.B.:

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

-
- Q.1** Explain Asthanga Yoga in detail. (15)
- Q.2** Describe types of Panch Kosha and explain Prana May kosha in detail. (15)
- Q.3** What are the four chapters OF Patangali Yoga Sutra. (10)
- Q.4** Definition of Yoga in detail. (10)
- Q.5** Write short notes on **ANY TEN** of the following : (40)
- a) Aasana
 - b) Yam
 - c) Dharana
 - d) Niyam
 - e) Importance of Prayer
 - f) Nadi shodhan
 - g) Pancha Pran
 - h) Bahirang Sadhna
 - i) Panch Kosh
 - j) Dhyan
 - k) Yoga
 - l) Pran Mudra
- * * * *

हिन्दी रूपांतर

सूचनाएं:

- १) सभी प्रश्न अनिवार्य हैं।
- २) दाहिने दिए हुए अंक प्रश्नों के गुण दर्शाते हैं।
- ३) आवश्यकता अनुसार आकृतियाँ निकालिए।

प्र.१	अष्टांग योग का सविस्तर वर्णन कीजिए।	(१५)
प्र.२	पंचकोष के प्रकार बताइयें एवं प्राणमय कोष का सविस्तर वर्णन कीजिए।	(१५)
प्र.३	पातंजल योग सुत्र के चार अध्याय कौनसे हैं?	(१०)
प्र.४	योग की व्याख्या सविस्तर वर्णन कीजिए।	(१०)
प्र.५	टिप्पणीयाँ लिखिए। (कोई भी दस)	(४०)
	आसन	
	यम	
	धारणा	
	नियम	
	प्रार्थना	
	नाडीशोधन	
	पंचप्राण	
	बहिर्ग साधना	
	पंचकोष	
	ध्यान	
	योगा	
	प्राणमुद्रा	

* * * *