

D.N.Y.S.: Winter- 2018

SUBJECT : YOGA PAPER - II

Day : Saturday
Date : 08-12-2018

Time : →
Max. Marks : 10

W-2018-3944

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 technique of Pranayam is _____
- a) Nadi shuddhi
 - b) Bhramari
 - c) Kapal Bhati
 - d) Ujjayi
- Q. 2 Bandhas are traditionally done with _____
- a) Yama
 - b) Asana
 - c) Pranayam
 - d) Samadhi
- Q. 3 In yoga therapy, lumber traction is given for _____
- a) Frozen shoulder
 - b) Cervical pain
 - c) Knee pain
 - d) Backache
- Q. 4 _____ kriya is done to cleanse nose.
- a) Dhouti
 - b) Trataka
 - c) Nauli
 - d) Neti

P. T. O.

Q. 5 Nadi shuddhi is a type of _____

- a) Asana
- b) Pranayam
- c) Kriya
- d) Meditation

Q. 6 Dhouti is done in _____ problems.

- a) Respiratory
- b) Spinal
- c) Knee
- d) Digestive

Q. 7 Padmasana is _____ posture.

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

Q. 8 Vrikshasana is an expmple of _____ asana.

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

Q. 9 Horizontal Arm Movement is yoga therapy for _____ problem.

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

Q. 10 Pranayam is the practice of _____

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

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D. N. Y. S. : WINTER - 2018
SUBJECT: YOGA PAPER -II

Day: Saturday
Date: 08/12/2018

W-2018-3944

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.
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- Q.1** Describe Shat Karma in detail. (15)
- Q.2** Explain Bandnus and Mudras in detail. (15)
- Q.3** Describe Suya Namaskar in detail with Montras. (10)
- Q.4** Describe Pranayam and its types in detail. (10)
- Q.5** Write short notes on **ANY TEN** of the following : (40)
- a) Mudra
 - b) Tadasan
 - c) Katchakrashan
 - d) Vagrasan
 - e) Pavan Mukhtasan
 - f) Anumol- Vimol
 - g) Bhamari
 - h) Trikonasan
 - i) Savashan
 - j) Mulbandh
 - k) Bhujangasan
 - l) Parvatasan
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हिन्दी रूपांतर

सूचनाएं:

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

प्र.१	षट्कर्म का सविस्तर वर्णन कीजिए।	(१५)
प्र.२	बंध और मुद्रा को संक्षिप्त में लिखिए।	(१५)
प्र.३	सूर्यनमस्कार का सविस्तर वर्णन कीजिए और मंत्र भी लिखिए।	(१०)
प्र.४	प्राणायाम की व्याख्या एवं उनके प्रकार लिखिए।	(१०)
प्र.५	टिप्पणीयाँ लिखिए। (कोई भी दस)	(४०)
	मुद्रा	
	ताडासन	
	कटिचक्रासन	
	वज्रासन	
	पवनमुक्तासन	
	अनुलोम-विलोम	
	भ्रामरी	
	त्रिकोणासन	
	शवासन	
	मूलबंध	
	भूजंगासन	
	पर्वतासन	

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