

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

SUBJECT : YOGA PAPER - I

Day : Friday  
Date : 07-12-2018

Time : —  
Max. Marks : 10

W-2018-3943

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 Astanga Yoga consist of \_\_\_\_\_ parts.

- a)  7
- b)  8
- c)  9
- d)  10

Q. 2 Samadhi is \_\_\_\_\_ part of Ashtanga yoga.

- a)  6
- b)  8
- c)  5
- d)  4

Q. 3 The word Yoga is Sanskrit means \_\_\_\_\_

- a)  Divide
- b)  Multiple
- c)  Add
- d)  Unite

Q. 4 According to yoga disease start form \_\_\_\_\_ kosha.

- a)  Manomaya
- b)  Anandamaya
- c)  Pranamaya
- d)  Vigyanamaya

P. T. O.

Q. 5 Ahimsa is a sub part of \_\_\_\_\_

- a)  Asana
- b)  Pratyahara
- c)  Yama
- d)  Niyama

Q. 6 There are \_\_\_\_\_ main Nadis.

- a)  6
- b)  7200
- c)  3
- d)  9

Q. 7 Yoga therapy is a form of \_\_\_\_\_ treatment.

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

Q. 8 \_\_\_\_\_ is included in Antaranga Sadhana

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

Q. 9 In Sanskrit Vyadhi means \_\_\_\_\_

- a)  Health
- b)  Wealth
- c)  Disease
- d)  Happiness

Q. 10 Yama is \_\_\_\_\_ step of yoga.

- a)  1<sup>st</sup>
- b)  2<sup>nd</sup>
- c)  3<sup>rd</sup>
- d)  4<sup>th</sup>

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

Day: Friday  
Date: 07/12/2018

**W-2018-3943**

Time: 10.00 AM TO 01.00 PM  
Max Marks: 90

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**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 concept of pancha kosha in detail. **(15)**
- Q.2** Explain personality development through to you. **(15)**
- Q.3** Describe yoga chitavruti nirodh in detail. **(10)**
- Q.4** Describe the types of Nadi and their importance in pranayam. **(10)**
- Q.5** Write short notes on **ANY TEN** of the following : **(40)**
- a) Nadi
  - b) HathYoga
  - c) Aasan
  - d) Yam
  - e) Samadhi
  - f) Dhyan
  - g) Raj Yoj
  - h) Annamaya Kosh
  - i) Pranayam
  - j) Pran
  - k) Patanjali
  - l) Karma yoga

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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।

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प्र.१	पंचकोष का सविस्तर वर्णन कीजिए।	(१५)
प्र.२	योगद्वारा व्यक्ति का व्यक्तित्व विकास कैसे होता है?	(१५)
प्र.३	योग चित्त वृत्ति निरोधः विस्तार पूर्वक वर्णन करो।	(१०)
प्र.४	नाडियों के प्रकार और प्राणायाम में उनका महत्व वर्णन कीजिए।	(१०)
प्र.५	टिप्पणीयाँ लिखिए। (कोई भी दस)	(४०)
	नाडी	
	हटयोगा	
	आसन	
	यम	
	समाधी	
	ध्यान	
	राजयोग	
	अन्नमय कोष	
	प्राणायाम	
	प्राण	
	पतंजली	
	कर्मयोग	

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