

Day : Friday

Time : _____

Date : 07-01-2022

W-22703-1-2021

Max.Marks 10

- 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: _____

MCQS

Q.1 Karma yoga is the yoga of _____ control.

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

Q.2 Aim of yoga is to achieve _____

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

Q.3 Yoga therapy is a form of _____ treatment.

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

Q.4 Astanga yoga consist of _____ parts.

- a) 6
- b) 5
- c) 8
- d) 9

P.T.O.

Q.5 Shatkarmas are the _____ techniques of Yoga.

- a) Cleansing
- b) Meditative
- c) Pranik
- d) Postural

Q.6 There are _____ main nadis.

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

Q.7 Major Pranas are _____

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

Q.8 Yama is _____ step of yoga.

- a) 1st
- b) 2nd
- c) 3rd
- d) 4th

Q.9 Yoga Chitta Vritti Nirodha is defined by _____

- a) Bhagwadgita
- b) Charak
- c) Vyasa
- d) Patanjali

Q.10 _____ is included in Antaranga Sadhana.

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

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D.N.Y.S. : WINTER : 2021
SUBJECT: YOGA PAPER-I

Day : Friday
Date : 07-01-2022

W-22703-1-2021

Time : 10:00AM TO 1:00PM
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** Explain Asthang Yoga in detail. [15]
- Q.3** How does personality develop through Yoga? Write 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

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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 | योग की व्याख्या सविस्तर वर्णन लिखिए एवं योग का इतिहास सविस्तर लिखिए। | (१५) |
| प्र.२ | अष्टांग योग सविस्तर लिखिए। | (१५) |
| प्र.३ | योग द्वारा व्यक्ति का व्यक्तित्व का विकास कैसे होता है 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) समाधीपाद
 - ७) संतोष
 - ८) स्वाध्याय
 - ९) ध्यानयोग
 - १०) धारणा
 - ११) शौच
 - १२) अहिंसा

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