

Day : Monday

Date : 10-01-2022

W-22703-2-2021

Time : 10:00AM-TO1:00PM

Max.Marks 70

N.B.:

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

Q.1 Describe Shat Karma in detail. [15]

Q.2 Write in detail how many Pranayamas are there by writing the explanation of Pranayama? [15]

Q.3 Explain in Bandhas and Mudra in detail. [10]

Q.4 Write in detail the merits and demerits of Asanas and Exercises? [10]

Q.5 Write short notes on **ANY TEN** of the following: [40]

- a) Dhanurasan
- b) Chakrasan
- c) Bhujangasan
- d) Tratak
- e) Tiryaktadasan
- f) Shashankasan
- g) Katichakrasan
- h) Panvanmuktasan
- i) Shitali
- j) Ujjayi
- k) Shalbhasan
- l) Mandukasan

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हिंदी रूपांतर

सूचनाएं:

- १) सभी प्रश्न अनिवार्य हैं।
- २) दाहिने ओर दिए हुए अंक गुणोंका निर्देश करते हैं।

प्र.१	षट्कर्म का सविस्तर वर्णन कीजिए।	(१५)
प्र.२	प्राणायाम की व्याख्या लिखकर कितने प्राणायाम हैं सविस्तर लिखिए।	(१५)
प्र.३	बंध और मुद्रा को सविस्तर लिखिए।	(१०)
प्र.४	आसन और व्यायाम के गुण दोष सविस्तर लिखिए।	(१०)
प्र.५	टिप्पणी लिखिए। (कोई भी दस)	(४०)
	१) धनुरासन	
	२) चक्रासन	
	३) भुजंगासन	
	४) त्राटक	
	५) तिर्यकताडासन	
	६) शशांकासन	
	७) कटिचक्रासन	
	८) पवनमुक्तसन	
	९) शीतली	
	१०) उज्जयो	
	११) शलभासन	
	१२) मण्डूकासन	

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Day : Monday
Date : 10-01-2022

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Time : _____
Max.Marks 10

- 1) All questions are **COMPULSORY**.
- 2) You have to make $\sqrt{\quad}$ 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** Padmasana 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 The first techniques of Pranayam is _____

- a) Nadi Shuddhi
- b) Bhramari
- c) Kapal Bhati
- d) Ujjayi

Q.6 Bandhas are traditionally done with _____

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

Q.7 In yoga therapy, lumber traction is given for _____

- a) Frozen shoulder
- b) Cervical pain
- c) Knee pain
- d) Backache

Q.8 _____ kriya is done to cleanse nose.

- a) Dhouti
- b) Trataka
- c) Nauli
- d) Neti

Q.9 Nadi shuddhi is a type of _____

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

Q.10 Dhouti is done in _____ problems

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