

DIPLOMA IN NATUROPATHY & YOGIC SCIENCES (2019 COURSE)

D.N.Y.S. :SUMMER- 2022

SUBJECT : YOGA (T P-I) PAPER-I

Day : Monday

Time : 10:00 AM-01:00 PM

Date : 22-08-2022

S-22703-1-2022

Max. Marks : 10

N.B.:

- 1) All questions are **COMPULSORY**.
- 2) You have to make \surd 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: _____

MCQ

Q.1 _____ is include in Yama

- a) Tapa
- b) Santosh
- c) Asana
- d) Ahinsa

Q.2 Major Pranas are _____

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

Q.3 Ishwar Pranidhan is a sub part of _____

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

Q.4 Aim of yoga is to achieve _____

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

P.T.O.

Q.5 Astanga yoga consists of _____ parts.

- a) 6
- b) 7
- c) 8
- d) 9

Q.6 Yama is _____ step of Yoga.

- a) 6
- b) 7
- c) 4
- d) 1

Q.7 The first layer of existence according to yoga is _____ Kosha.

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

Q.8 Yoga therapy is a form of _____ treatment.

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

Q.9 Samatayam yoga uchate is defined by _____

- a) Patanjali
- b) Veda
- c) Purana
- d) Bhagwat Gita

Q.10 There are _____ main nadis.

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

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Date : 22-08-2022

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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** Describe Asthang Yoga in detail? [15]
- Q.3** Describe Hathayoga and Rajyoga 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 को सविस्तर लिखिए। | (१५) |
| प्र.३ | हठयोग व राजयोग पर 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) समाधीपाद् | |
| | ७) संतोष | |
| | ८) स्वाध्याय | |
| | ९) ध्यान योग | |
| | १०) धारणा | |
| | ११) शौच | |
| | १२) अहिंसा | |

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