

DIPLOMA IN NATUROPATHY & YOGIC SCIENCES (2019 COURSE)

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

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

Day : Tuesday

Time : 10:00 AM-01:00 PM

Date : 23-08-2022

S-22703-2-2022

Max. Marks : 10

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 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 The first technique of Pranayam is _____

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

Q.2 In yoga therapy, lumber traction is given for _____.

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

Q.3 Shitali Pranayam _____ body heat.

- a) Decreases
- b) Increases
- c) Balances
- d) Maintains

Q.4 Nadi Shuddhi is a type of _____

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

P.T.O.

Q.5 Padmasana is _____ posture.

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

Q.6 Pranayama is the practice of _____.

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

Q.7 Shat kriyas are _____ in number

- a) 4
- b) 3
- c) 8
- d) 6

Q.8 Surybhedi nadi is also known as _____

- a) Ida
- b) Pingala
- c) Sushumana
- d) None of the above

Q.9 Vrikshasana is an example of _____ asana.

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

Q.10 Horizontal arm movement is yoga therapy for _____ problems.

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

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Max. Marks : **50**

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- 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** Explain in detail. How many Pranayams are there by writing the explanation of Pranayam? [15]
- Q.2** Explain Mudra and Bandhas in details? [15]
- Q.3** Describe Shat Karma in detail? [10]
- Q.4** What is Asana and what is the use of Asana in Today's Life? Write in detail? [10]
- Q.5** Write short notes on **ANY TEN** of the following: [40]
- a) Surya Bhedi
 - b) Tratak
 - c) Dhanurasan
 - d) Parvatasan
 - e) Chakrasan
 - f) Purak-rechak
 - g) Shirsashan
 - h) Pavan Muktasana
 - i) Halasan
 - j) Sarvangasan
 - k) Bhujangasan
 - l) Mayurasana

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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 प्राणायाम की व्याख्या लिखकर कितने प्राणायाम हैं, सविस्तर वर्णन कीजिए। (१५)
- प्र.२ मुद्रा और बंध को सविस्तर लिखिए। (१५)
- प्र.३ षट्कर्म का सविस्तर वर्णन कीजिए। (१०)
- प्र.४ आसन क्या है? और आज के लाईफ में आसन की क्या उपयोगिता है सविस्तर लिखिए। (१०)
- प्र.५ टिप्पणी लिखिए। (कोई भी दस) (४०)
- १) सुर्य भेदी
 - २) त्राटक
 - ३) धनुरासन
 - ४) पर्वतासन
 - ५) चक्रासन
 - ६) पुरक-रेचक
 - ७) शिर्षासन
 - ८) पवन मुक्तासन
 - ९) हलासन
 - १०) सर्वांगासन
 - ११) भुजंगासन
 - १२) मयूरासन

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