

DIPLOMA IN NATUROPATHY & YOGIC SCIENCES (2019 COURSE)

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

SUBJECT : YOGA PAPER-I

Day : Thursday

Time : 10:00 AM-01:00 PM

Date : 23-02-2023

W-22703-1-2022

Max. Marks : **90**

N.B.:

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

Q.1 Describe yoga chitta vritti nirod in detail. **(15)**

Q.2 Explain personality development through to yoga in detail. **(15)**

Q.3 Explain name of Panchakasha and in detail. **(10)**

Q.4 Describe Rasyoga and Bhaktiyoga in brief. **(10)**

Q.5 Write short notes on **ANY TEN** of the following: **(40)**

- a) Importance of Prayer
- b) Hatha yoga
- c) Panch pran
- d) Yama
- e) Purak-Rechak
- f) Definition of yoga
- g) Samadhi
- h) Santosh
- i) Dhyan
- j) Ahisnsa
- k) Shauch
- l) Tap

* * * * *

हिंदी रूपांतर

सूचनाएं:

- १) सभी प्रश्न आनिवार्य हैं।
- २) दाहिने ओर दिए हुए अंक प्रश्नों के पूर्ण गुण दर्शाते हैं।

- | | | |
|-------|---|------|
| प्र.१ | योग: चित्तवृत्ती निरोध: सविस्तर वर्णन कीजिए। | (१५) |
| प्र.२ | योग द्वारा व्यक्ति का व्यक्तित्व विकास कैसे होता है, सविस्तर वर्णन कीजिए। | (१५) |
| प्र.३ | पंचकोष के नाम लिखकर विस्तारपूर्वक वर्णन कीजिए। | (१०) |
| प्र.४ | राजयोग और भक्तियोग सविस्तर वर्णन कीजिए। | (१०) |
| प्र.५ | टिप्पणी लिखिए। (कोई भी दस) | (४०) |
| | १) प्रार्थना का महत्त्व | |
| | २) हठयोग | |
| | ३) पंचप्राण | |
| | ४) यम | |
| | ५) पूरक-रेचक | |
| | ६) योग की व्याख्या | |
| | ७) समाधी | |
| | ८) संतोष | |
| | ९) ध्यान | |
| | १०) अहिंसा | |
| | ११) शौच | |
| | १२) तप | |

* * *

DIPLOMA IN NATUROPATHY & YOGIC SCIENCES (2019 COURSE)

D.N.Y.S. : WINTER- 2022
SUBJECT : YOGA PAPER-I

Day : Thursday

Time : 10:00 AM-01:00 PM

Date : 23-02-2023

W-22703-1-2022

Max. Marks : 10

N.B.:

- 1) All questions are **COMPUSLORY**.
- 2) You have to make \surd such kind of marks in the box of appropriate answer.
- 3) This questions paper is self 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 the Examiner _____

Q.1 Astanga yoga consists of _____ parts.

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

Q.2 There are _____ main Nadis.

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

Q.3 Aim of yoga is to achieve _____

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

Q.4 Yoga therapy is a form of _____ treatment.

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

P.T.O.

Q.5 According to yoga disease starts from _____ kosha.

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

Q.6 Sthiram sukham _____

- a) Pranayama
- b) Asana
- c) Dhyan
- d) Dharan

Q.7 In Sanskrit Vyadhi means _____

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

Q.8 The word Yoga is derived from

- a) Yok
- b) Yuj
- c) Yak
- d) Yav

Q.9 Yama is _____ step of yoga.

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

Q.10 Samadhi is the _____ part of asthanga yoga.

- a) 2
- b) 4
- c) 6
- d) 8