

**DIPLOMA IN NATUROPATHY & YOGIC SCIENCES (2019 COURSE)**  
**D.N.Y.S. : WINTER- 2022**  
**SUBJECT : YOGA PAPER-II**

Day : Friday

Time : 10:00 AM-01:00 PM

Date : 24-02-2023

W-22703-2-2022

Max. Marks : 90

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**N.B.:**

- 1) All questions are **COMPUSLORY**.
  - 2) Figures to the right indicate **FULL** marks.
  - 3) Draw neat and labelled diagram **WHEREVER** necessary.
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**Q.1** Describe Pranayam and its types in details. **(15)**

**Q.2** Explain traditional Suryanamskar in detail with mantra. **(15)**

**Q.3** Explain Bandha name and describe in detail. **(10)**

**Q.4** Explain merits and demerits of Asanas and Exercise in Detail. **(10)**

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

- a) Shirshasana
- b) Sarwngasana
- c) Kapalbhati
- d) Pawanmuktasan
- e) Halasana
- f) Bhajangasan
- g) Markatasan
- h) Gomukhasan
- i) Vajrasana
- j) Padmasan
- k) Suryabhedi Pranayam
- l) Shalbhasan

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## हिंदी रूपांतर

### सूचनाएं:

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

प्र.१	प्राणायाम की व्याख्या लिखिए एवं उनके प्रकार सविस्तर वर्णन कीजिए ।	(१५)
प्र.२	पारंपारिक सुर्यनमस्कार सविस्तर वर्णन कीजिए एवं मंत्रों को लिखिए ।	(१५)
प्र.३	बंधों के नाम लिखकर सविस्तर वर्णन कीजिए ।	(१०)
प्र.४	आसन और व्यायाम के गुण दोष सविस्तर लिखिए ।	(१०)
प्र.५	टिप्पणी लिखिए । (कोई भी दस)	(४०)
	१) शिर्षासन	
	२) सर्वांगासन	
	३) कपाल भाति	
	४) पवनमुक्तासन	
	५) हलासन	
	६) भुजंगासन	
	७) मर्कटासन	
	८) गोमुखासन	
	९) वज्रासन	
	१०) पद्मासन	
	११) सूर्यभेदी प्राणायाम	
	१२) शलभासन	

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**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** Pranayama is the practice of \_\_\_\_\_.

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

**Q.2** In yoga therapy cervical traction is given in \_\_\_\_\_.

- a)  Frozen shoulder
- b)  Lower backache
- c)  Cevical gap
- d)  Knee pain

**Q.3** Shat kriyas are \_\_\_\_\_ in number

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

**Q.4** Surybhedi nadi is also known as \_\_\_\_\_.

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

P.T.O.

Q.5 The first technique of pranayama is \_\_\_\_\_.

a)  Nadishudhi

b)  Bhramari

c)  Kapalbhati

d)  Ujjayi

Q.6 Vrikshasana is an example of \_\_\_\_\_ asana.

a)  Relaxing

b)  Sitting

c)  Standing

d)  Stimulating

Q.7 Nadi shuddhi is a type of \_\_\_\_\_

a)  Aasan

b)  Pranayama

c)  Kriya

d)  Dhyan

Q.8 Horizontal arm movement is yoga therapy for \_\_\_\_\_ problem.

a)  Liver

b)  Lung

c)  Knee

d)  Cervical

Q.9 Shitali pranayama \_\_\_\_\_ body heat.

a)  Decreases

b)  Increases

c)  Balances

d)  Maintains

Q.10 \_\_\_\_\_ kriya is done to cleanse nose.

a)  Dhouti

b)  Trataka

c)  Nauli

d)  Neti