

PETHGAD : SUMMER – 2017
SUBJECT : YOGA PAPER - I

Day : Wednesday
Date : 28-06-2017

Time : 10.00 AM TO 01.00 PM
Max. Marks : 90

N. B. :

- 1) All questions are **COMPULSORY**.
 - 2) Figures to the right indicate **FULL** marks.
 - 3) Draw neat and labelled diagram **WHEREVER** necessary.
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- Q. 1 Explain concept of Panchakosha in detail. (15)
- Q. 2 Explain in Aasatang yoga in detail. (15)
- Q. 3 Describe traditional approach of yoga in detail. (10)
- Q. 4 Describe the types of nadis and their importance in pranayama. (10)
- Q. 5 Write short notes on **ANY TEN** of the following: (40)
- a) Aasana
 - b) Annamaya kosha
 - c) Yama
 - d) Importance of prayer in yoga
 - e) Dharna
 - f) Samadhi
 - g) Hatha yoga
 - h) Raj yoga
 - i) Bhakti yoga
 - j) Niyama
 - k) Patanjali
 - l) Bhagwad gita

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सूचनाएं:

- १) सभी प्रश्न अनिवार्य हैं।
- २) दाहिने दिए हुए अंक प्रश्नोंका पूर्ण गुण दर्शाते हैं।
- ३) आवश्यकता नुसार आकृतियां निकालिए।

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- प्र.१ पंचकोष का विस्तारपूर्वक वर्णन कीजिए। (१५)
- प्र.२ अष्टांगयोग को विस्तार पूर्वक वर्णन कीजिए। (१५)
- प्र.३ योग का पारंपारिक उद्देश सविस्तर लिखिए। (१०)
- प्र.४ नाडीयों के प्रकार और प्राणायाम में उनका महत्त्व वर्णन कीजिए। (१०)
- प्र.५ टिप्पणी लिखिए। (कोई भी दस) (४०)
- १) आसन
 - २) अन्नमय कोष
 - ३) यम
 - ४) प्रार्थना का योग में महत्त्व
 - ५) धारणा
 - ६) समाधी
 - ७) हठयोग
 - ८) राजयोग
 - ९) भक्तियोग
 - १०) नियम
 - ११) पतंजली
 - १२) भगवद्गीता

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- 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's:

Q. 1 Niyama is _____ step of yoga.

- a) 6
- b) 3
- c) 2
- d) 8

Q. 2 Ishwar pranidhan is a sub part of _____.

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

Q. 3 _____ is included in yama.

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

Q. 4 Trigunas of mana are _____.

- a) Satva-Raj-Tama
- b) Vata-Pitta-Kapha
- c) Ida-pingla-sushumna
- d) None of the above

Q. 5 _____ is the fifth step of Ashtang yoga.

- a) Pratyahara
- b) Dhyana
- c) Dharana
- d) Samadhi

Q. 6 _____ is included in Antaranga sadhana.

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

Q. 7 Ashtanga yoga achieves _____.

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

Q. 8 Major pranas are _____.

- a) 2
- b) 6
- c) 4
- d) 5

Q. 9 Ahinsa is a sub part of _____.

- a) Asana
- b) Yama
- c) Niyama
- d) Pratyahara

Q.10 There are _____ main nadis.

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

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PETHGAD : SUMMER – 2017
SUBJECT : YOGA PAPER - II

Day : Thursday
Date : 29-06-2017

Time : 10:00 AM TO 1:00 P.M.
Max. Marks : 90

N. B. :

- 1) All questions are **COMPULSORY**.
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-

- Q. 1** Explain Mudras and Bandhas in detail. (15)
- Q. 2** Describe Shat karma in detail. (15)
- Q. 3** Write traditional Suryanamaskar in detail with Mantras. (10)
- Q. 4** Explain the relaxation techniques in yoga. (10)
- Q. 5** Write short notes on **ANY TEN** of the following: (40)
- a) Shawasana
 - b) Kapalbhati
 - c) Vajrasana
 - d) Tadasana
 - e) Kunjal
 - f) Dhyan
 - g) Padmasana
 - h) Nadishodhan Pranayam
 - i) Dhanurasana
 - j) Bhastrika pranayama
 - k) Bhujangasana
 - l) Jalneti

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हिंदी रूपांतर

सूचनाएं:

- १) सभी प्रश्न अनिवार्य हैं।
- २) दाहिने दिए हुए अंक प्रश्नोंका पूर्ण गुण दर्शाते हैं।
- ३) आवश्यकता अनुसार आकृतियां निकालिए।

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|-------|---|------|
| प्र.१ | मुद्रा और बंध को सविस्तर में लिखिए। | (१५) |
| प्र.२ | षट्कर्म का विस्तार से वर्णन कीजिए। | (१५) |
| प्र.३ | पारंपारिक सूर्यनमस्कार सविस्तर से वर्णन कीजिए एवं मंत्रों को लिखिए। | (१०) |
| प्र.४ | (तणाव निर्मुलन तंत्र) योग के तणाव निर्मुलन तंत्र सविस्तर लिखिए। | (१०) |
| प्र.५ | टिप्पणी लिखिए। (कोई भी दस) | (४०) |
| | १) शवासन | |
| | २) कपालभाति | |
| | ३) वज्रासन | |
| | ४) ताडासन | |
| | ५) कुंजल | |
| | ६) ध्यान | |
| | ७) पद्मासन | |
| | ८) नाडीशोधन प्राणायाम | |
| | ९) धनुरासन | |
| | १०) भस्त्रिका | |
| | ११) भुजंगासन | |
| | १२) जलनेती | |

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Seat No. _____ Total Marks Obtained: _____

Jr. Supervisor's Signature: _____ Signature of Examiner: _____

MCQ's:

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) Cervical 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

- Q. 5 The first technique of pranayama is _____.
- a) Nadishudhi
 - b) Bhramari
 - c) Kapalbhathi
 - 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

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