

**D.N.Y.S. : SUMMER - 2018**  
**SUBJECT : YOGA PAPER - II**

Day : Saturday  
Date : 30-06-2018

Time : —  
Max. Marks : 10

S.2018-3776

**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:** \_\_\_\_\_

**MCQ's:**

- Q. 1** I R T is a \_\_\_\_\_ technique.
- a)  Mediation
  - b)  Asanas
  - c)  Relaxation
  - d)  Neuro muscular kriya
- Q. 2** Sushumana nadi is located in \_\_\_\_\_ side of the spinal cord.
- a)  Right
  - b)  Left
  - c)  Center
  - d)  None of the above
- Q. 3** Bandhas are traditionally done with \_\_\_\_\_.
- a)  Kriyas
  - b)  Asanas
  - c)  Pranayama
  - d)  Dhayan
- Q. 4** Shat kriyas are \_\_\_\_\_ in numbers.
- a)  2
  - b)  5
  - c)  8
  - d)  6

**P. T. O.**

- Q. 5 Nadi shuddhi is a type of \_\_\_\_\_.
- a)  Asana
  - b)  Kriya
  - c)  Pranayama
  - d)  Dhyan
- Q. 6 Padmasan is \_\_\_\_\_ Posture.
- a)  Meditating
  - b)  Stimulating
  - c)  Relaxing
  - d)  All above
- Q. 7 \_\_\_\_\_ kriya is done to cleanse nose.
- a)  Dhouti
  - b)  Trataka
  - c)  Nauli
  - d)  Neti
- Q. 8 In yoga therapy cervical traction is given in \_\_\_\_\_.
- a)  Frozen shoulder
  - b)  Lower backache
  - c)  Cervical gap
  - d)  Knee pain
- Q. 9 The first technique of pranayama is \_\_\_\_\_.
- a)  Nadi shuddhi
  - b)  Bhramari
  - c)  Kapalbhati
  - d)  Ujjayi
- Q.10 Cooling pranayama is \_\_\_\_\_.
- a)  Nadi shuddhi
  - b)  Bhramari
  - c)  Kapalbhati
  - d)  Sheetali

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Day : **Saturday**  
Date : **30-06-2018**

**S-2018-3776**

Time : **10.00 AM TO 01.00 PM**

Max. Marks : 90

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**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** Describe clinical effects of Asana with example in detail. **(15)**
- Q. 2** Describe Bandhas in detail. **(15)**
- Q. 3** Explain traditional surya namskar in detail. **(10)**
- Q. 4** Explain pranayama in detail. **(10)**
- Q. 5** Write short notes on **ANY TEN** of the following: **(40)**
- a) Pawan Muktasana
  - b) Sarvangasana
  - c) Ardhamastsendrasana
  - d) Sutraneti
  - e) Tratak
  - f) Nauli
  - g) Chakrasana
  - h) Nadishodhan Pranayam
  - i) Tadosana
  - j) Paschimottanasan
  - k) Suryabhedhi Pranayam
  - l) Shavasan

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हिंदी रूपांतर

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 | आसनों की चिकित्सा मुल्योंपर उदाहरण के साथ सविस्तर वर्णन कीजिए। | (१५) |
| प्र.२ | बंधो पर सविस्तर वर्णन लिखिए।                                   | (१५) |
| प्र.३ | पारंपारिक सूर्य नमस्कार सविस्तर वर्णन कीजिए।                   | (१०) |
| प्र.४ | प्राणायामों का सविस्तर वर्णन कीजिए।                            | (१०) |
| प्र.५ | टिप्पणी लिखिए। (कोई भी दस)                                     | (४०) |
|       | १) पवनमुक्तासन   |      |
|       | २) सर्वांगासन  |      |
|       | ३) सूर्यभेदन   |      |
|       | ४) अर्धमत्सेद्रासन   |      |
|       | ५) सूत्रनेती   |      |
|       | ६) त्राटक  |      |
|       | ७) नौली  |      |
|       | ८) चक्रासन   |      |
|       | ९) नाडी शोधन प्राणायाम   |      |
|       | १०) ताडासन   |      |
|       | ११) पश्चिमोत्तानासन  |      |
|       | १२) शवासन  |      |

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