

**D.N.Y.S. 2019 Course SUMMER - 2020**  
**SUBJECT : YOGA PAPER - I**

Day : Friday  
Date : 08.01.2021

Time : —  
Max. Marks : 10

S2020-22703

**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 return to the supervisor after **10** minutes.
- 4) There is no negative marking.

**Seat No.** \_\_\_\_\_

**Total Marks Obtained** \_\_\_\_\_

**Jr. Supervisor's Signature** \_\_\_\_\_

**Signature of the Examiner** \_\_\_\_\_

**Q. 1** Niyama is \_\_\_\_\_ step of Yoga.

- a) ☐ 2
- b) ☐ 4
- c) ☐ 5
- d) ☐ 6

**Q. 2** Bahiranga Sadhana consists of \_\_\_\_\_

- a) ☐ Yama
- b) ☐ Dhyana
- c) ☐ Dharana
- d) ☐ Samadhi

**Q. 3** Ahimsa is a subpart of \_\_\_\_\_.

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

**Q. 4** There are \_\_\_\_\_ main nadis.

- a) ☐ 2
- b) ☐ 6
- c) ☐ 7200
- d) ☐ 3

**P. T. O.**

Q. 5 Pancha kosha are \_\_\_\_\_ in No.

- a) ☐ 2
- b) ☐ 4
- c) ☐ 5
- d) ☐ 6

Q. 6 Yoga therapy is a form of \_\_\_\_\_ treatment.

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

Q. 7 The word yog is derived from \_\_\_\_\_.

- a) ☐ Yuj
- b) ☐ Yok
- c) ☐ Yav
- d) ☐ Yay

Q. 8 Samadhi is \_\_\_\_\_ part of Astanga yog.

- a) ☐ 2
- b) ☐ 4
- c) ☐ 6
- d) ☐ 8

Q. 9 Sthiram Sukahana \_\_\_\_\_.

- a) ☐ Asana
- b) ☐ Pranayama
- c) ☐ Dhyan
- d) ☐ Dharana

Q.10 Yoga Chitta vrutti Nirodha is derived from \_\_\_\_\_.

- a) ☐ Patanjali
- b) ☐ Bhagwadgita
- c) ☐ Charak
- d) ☐ Sushrut

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D.N.Y.S. 2019 Course SUMMER-2020 .  
SUBJECT : YOGA PAPER - I

Day : Friday  
Date : 08.01.2021

Time : 10.00 A.M. To 1.00 P.M.  
Max. Marks : 90

S2020 - 22703

N. B. :

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

- Q. 1** Define Yoga. Explain traditional concept of disease and treatment according to yoga in detail. (15)
- Q. 2** Explain concept of Panchkoshas in detail. (15)
- Q. 3** Explain four stages of Yoga in detail. (10)
- Q. 4** Explain Ashtanga Yoga and its importance. (10)
- Q. 5** Write short notes on **ANY TEN** of the following: (40)
- a) Manomaya Kosha
  - b) Indian Philosophy
  - c) Antaranga Sadhan
  - d) Hatha Yoga
  - e) Samadhi
  - f) Asana
  - g) Definition of Yoga
  - h) Yama
  - i) Panch Pran
  - j) Prathyahara
  - k) Niyama
  - l) Raj Yoga

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## हिंदी रूपांतर

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### सूचनाएं :

- १) सभी प्रश्न अनिवार्य हैं।
  - २) दाहिने दिए हुए अंक गुणोंका निर्देश करते हैं।
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- प्र.१ योग की व्याख्या लिखिए और पारंपारीक दृष्टी से व्याधी और चिकित्सा योग के पेहलू का (१५)  
सविस्तर वर्णन कीजिए ।
- प्र.२ पंचकोष का सविस्तर वर्णन कीजिए । (१५)
- प्र.३ योग के चार प्रणाली का सविस्तर वर्णन लिखिए । (१०)
- प्र.४ अष्टांग योग का सविस्तर वर्णन कीजिए और उसका महत्त्व बताइए । (१०)
- प्र.५ टिप्पणी लिखिए । (कोई भी दस) (४०)
- १) मनोमय कोष
  - २) भारतीय फिलॉसॉफी
  - ३) अंतरंग साधन
  - ४) हठयोग
  - ५) समाधी
  - ६) आसन
  - ७) योग की व्याख्या
  - ८) यम
  - ९) पंचप्राण
  - १०) प्रत्याहार
  - ११) नियम
  - १२) राजयोग