

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

Day : Saturday
Date : 09.01.2021

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 Which of the following kriya is done to cleanse eyes?

- a) ☐ Neti
- b) ☐ Vaman
- c) ☐ Trataka
- d) ☐ Kapal Bhati

Q. 2 Q. R. T is an example of _____.

- a) ☐ Kriya
- b) ☐ Pranayama
- c) ☐ Relaxation technique
- d) ☐ Asana

Q. 3 Chandra nadi is also known as _____.

- a) ☐ Ida
- b) ☐ Pingla
- c) ☐ Shushmna
- d) ☐ None

Q. 4 Shitakari pranayam has _____ property.

- a) ☐ Cooling
- b) ☐ Heating
- c) ☐ Maintain heat and cold
- d) ☐ None of the above

P. T. O.

Q. 5 _____ asana is advised for digestive problems.

- a) ☐ Padmasana
- b) ☐ Vajrasana
- c) ☐ Shavasana
- d) ☐ Parvatsana

Q. 6 Bandhas are traditionally done with

- a) ☐ Kriyas
- b) ☐ Asanas
- c) ☐ Pranayama
- d) ☐ Dhyan

Q. 7 Shata kriya are _____ in number.

- a) ☐ 2
- b) ☐ 4
- c) ☐ 8
- d) ☐ 6

Q. 8 Sushumana nadi is located in _____ side of the primal cord.

- a) ☐ Right
- b) ☐ Left
- c) ☐ Center
- d) ☐ None of the above

Q. 9 Padmasan is an example as _____ asana.

- a) ☐ Stimulation
- b) ☐ Relation
- c) ☐ Meditative
- d) ☐ Stretching

Q.10 In yoga therapy cervical traction is given in _____.

- a) ☐ Frozen shoulder
- b) ☐ Cervical gap
- c) ☐ Low backache
- d) ☐ Knee pain

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

Day : Saturday
Date : 09.01.2021

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

62020-22703

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** Name the Shatkriyas and explain them in detail. (15)
- Q. 2** Explain merits and demerits of Asanas and Exercises. (15)
- Q. 3** Describe Pranayam and its types in detail. (10)
- Q. 4** Explain Mudras and Bandhas in detail. (10)
- Q. 5** Write short notes on **ANY TEN** of the following: (40)
- a) Suryabhedhi Pranayama
 - b) Dhanurasana
 - c) Shavasana
 - d) Jalandhar bandh
 - e) Mudra
 - f) Vajrasana
 - g) Sheetali
 - h) Murcha
 - i) Tratak
 - j) Mayurasana
 - k) Q.R.T.
 - l) Nadi Shodhan Pranayama

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हिंदी रूपांतर

सूचनाएं :

- १) सभी प्रश्न अनिवार्य हैं।
- २) दाहिने दिए हुए अंक गुणोंका निर्देश करते हैं।

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| प्र.१ | षट्क्रिया के नाम लिखकर विस्तृत जानकारी लिखिए। | (१५) |
| प्र.२ | आसन और व्यायाम के गुण और दोष लिखिए। | (१५) |
| प्र.३ | प्राणायाम की व्याख्या एवं उसके प्रकार सविस्तर वर्णन कीजिए। | (१०) |
| प्र.४ | मुद्रा और बंध का संक्षिप्त वर्णन कीजिए। | (१०) |
| प्र.५ | टिप्पणी लिखिए। (कोई भी दस) | (४०) |
| | १) सूर्यभेदी प्राणायाम | |
| | २) धनुरासन | |
| | ३) शवासन | |
| | ४) जालंधर बंध | |
| | ५) मुद्रा | |
| | ६) वज्रासन | |
| | ७) शीतली | |
| | ८) मुच्छा | |
| | ९) त्राटक | |
| | १०) मयुरासन | |
| | ११) Q.R.T | |
| | १२) नाडीशोधन प्राणायाम | |