

Time : 3 hrs.]

(Introduction to Yoga)

[Max. Marks: 100

(Write answers in answer book only)

I. Answer any Five of the Following Questions:**5 x 20 = 100**

- (1) Explain Mahavratas and Anuvratas of JAINA Philosophy.
- (2) Trace out Ashtangayoga concepts from PURANAS.
- (3) Explain 25 principles of SANKHYA PHILOSOPHY.
- (4) Describe characteristics of ATMAN with reference to Bhagavadgita.
- (5) Explain Dhyana techniques with reference to Bhagavadgita Dhyanyoga.
- (6) Write the impotance and need of Nishkama Karmayoga to attain perfection.
- (7) Explain the process of chakrabhedanaprakriya according to kundalini yoga.
- (8) Write a model lesson plan on 'VIPARITAKARANIMUDRA'.
- (9) Write short note on any Two:
 - (a) Aim of yoga
 - (b) Sthitaprajna
 - (c) Yoga and Health
 - (d) Qualities of Bhakta
- (10) Write short notes on any Four :
 - (a) Nadis
 - (b) Samatvam Yogamuchyate
 - (c) Mind
 - (d) Niyamas
 - (e) Sahasrarachakra
 - (f) Mahabhutas

Directorate of Distance Education
P.G.Diploma in Yoga Vijnana Annual Examinations - July, 2015
Paper - 2

Time : 3 hrs.]

(Classical Yoga)

[Max. Marks: 100

(Write answers in answer book only)

I. Answer any Five of the Following Questions:**5 x 20 = 100**

- (1) Justify that the Hatha yoga is the science of purification.
- (2) Explain Various types of SAMADHI
- (3) Describe the role of KLESHAS in Yoga philosophy.
- (4) Explain Destructive and Constructive factors of YOGA.
- (5) Explain the Concept of ISVARA.
- (6) What is SAPTANGAYOGA ? Explain importance of SAPTANGAYOGA in yogapractice.
- (7) Explain how Pranayama practice leads the Mind to Dharana State?
- (8) What are the Shatkriyas ? Explain its importance in Yogapractice.
- (9) Write short notes on any Two of the following:
 - (a) Mitaahara
 - (b) Yamas
 - (c) Chittam
 - (d) Samapatti
- (10) Write short notes on any Four of the following :
 - (a) Pratyahara
 - (b) Nadis
 - (c) Hathasiddhilakshanam
 - (d) Abhyasa & Vairagya
 - (e) Mudras
 - (f) Svadhyaya

P.G.Diploma in Yoga Vijnana Annual Examinations - July, 2015
Paper - 3
(Human Biology)

Time : 3 hrs.]

(Write answers in answer book only)

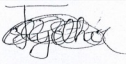
[Max. Marks: 100

I. Answer any Five of the Following Questions:**5 x 20 = 100**

- (1) Explain the functions of autonomic nervous system sympathetic and parasympathetic nervous system.
- (2) Explain neural Control of respiration.
- (3) Describe the type, structure and function of Joints in our body.
- (4) Write short notes on any Two of the following:
 - (a) Immunity - types and Mechanism
 - (b) Regulation of blood pressure
 - (c) Explain the phase of Parturition
 - (d) Explain the importance of Poteins in biological system
- (5) Explain the Properties of cardiac muscle.
- (6) Discuss the role of Insulin in glucose metabolism.
- (7) Write short notes on any Four of the following:
 - (a) Mechanism of neuromuscular Transmission.
 - (b) Cardiac output
 - (c) Role of intestinal secretion in formation of faeces
 - (d) Hormones of supra-renal and their action
 - (e) Expalin the functions of pons and medulla Oblongata
- (8) Explain the types of blood groups and its importance.
- (9) Write about types of vitamins - fat soluble and water soluble vitamins and its importance.
- (10) Explain the mechanism of hearing and functions of semicircular canals.

Roll No.

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Directorate of Distance Education
P.G.Diploma in Yoga Vijnana Annual Examinations - July, 2015
Paper - 4

Time : 3 hrs.]

(Basis and Principles of Yogatherapy)

[Max. Marks: 100

(Write answers in answer book only)

I. Answer any Five of the Following in Questions:

5 x 20 = 100

- (1) Explain preventive, promotive and curative aspects of Yogatherapy.
- (2) Explain the role and importance of Dinacharya in Yogasadhana.
- (3) Write the role and relationship of Ayurveda in Yogatherapy.
- (4) What are the Basic principles of Yogatherapy.
- (5) Explain Panchakosa theory.
- (6) Justify with examples that yoga is the Science of Righteous Living.
- (7) Define Health and explain approach of Yoga in attaining Holistic Health.
- (8) Explain the role of Pranayama in Yogatherapy.
- (9) Write short notes on any Two of the following:
 - (a) Yogic practices for Nervous system
 - (b) Yogic practices for Digestive system
 - (c) Yogatherapy for Hypertension
 - (d) Yogatherapy for Thyroid
- (10) Write short notes on any Four of the following :
 - (a) Vastikriya
 - (b) Sarvangasana
 - (c) Dhautikriya
 - (d) Snehakarma
 - (e) Paschimottanasana
 - (f) Tridoshas

**P.G.Diploma in Yoga Vijnana Annual Examinations - July, 2015
Paper - 5**

(Basics Relevant to Yogic Sciences (Sanskrit))

Time : 3 hrs.]

[Max. Marks: 100

(Write answers in answer book only)

- I. समविभक्तयः काः ? सोदाहरणं लिखत। 5
- II. द्वयोः शब्दयोः सर्वविभक्तिषु रूपाणि लिखत । 10
(अ) राम (आ) अस्मद्
(इ) किम् (स्त्री) (ई) लता
- III. चतुर्णां निर्दिष्टलकारेषु रूपाणि लिखत । 10
(अ) कृ (लङ्) (आ) पठ् (लट्) (इ) दा (लृट्)
(ई) कथ् (लङ्) (उ) भू (लट्) (ऊ) वद् (लृट्)
- IV. पञ्चानां चिह्ननिर्देशपुरस्सरं आङ्ग्लभाषायां लिखत । 10
(अ) महर्षिः (आ) वैकृतम् (इ) कृष्णः (ई) संस्कृतम्
(उ) षण्मासाः (ऊ) पतञ्जलिः (ए) चेष्टाः (ऐ) शतवर्षाः
- V. पञ्च नामनिर्देशपुरस्सरं सन्धत । 10
(अ) वाक् + ईशः (आ) तत् + च (इ) तथा + एव (ई) महा + ईशः
(उ) गुरो + ए (ऊ) राम + अनुजः (ए) महा + ईश्वरः (ऐ) मनस् + शान्तिः
- VI. पञ्चानां स्वीयवाक्यप्रयोगं कुरुत । 5
(अ) अस्ति (आ) योगः (इ) विना (ई) अत्र
(उ) पिता (ऊ) दया (ए) स्वाध्यायः (ऐ) वन्दे
- VII. रघुवंशराजादिलीपः कीदृशः ? विशदयत । 10
- VIII. अद्यतनसमाजहिताय भक्तियोगस्य आवश्यकतां विवृणुत। 10
- IX. उपनिषत्सु कठोपनिषदः विशेषतां निरूपयत । 10
- X. द्वौ श्लोकौ व्याख्यात । 10
(अ) सन्तुष्टः सततं योगी यतात्मा दृढनिश्चयः।
मय्यर्पितमनोबुद्धिर्यो मद्भक्तः स मे प्रियः॥
(आ) तदन्वये शुद्धिमति प्रसूतः शुद्धिमत्तरः।
दिलीप इति राजेन्दुरिन्दुः क्षीरनिधाविब।।
(इ) एवं सततयुक्ता ये भक्तास्त्वां पर्युपासते।
ये चाप्यक्षरमव्यक्तं तेषां के योगवित्तमाः॥
- XI. द्वयोः टिप्पणीं लिखत । 10
(अ) न व्यतीयुः प्रजास्तस्य नियन्तुर्नैमिवृत्तयः।
(आ) श्रद्धया परयोपेतास्ते मे युक्ततमा मताः।
(इ) हेमनः संलक्ष्यते ह्यग्नौ विशुद्धिः श्यामिकापि वा।
(ई) अनिकेतः स्थिरमतिर्भक्तिमान्मे प्रियो नरः।
(उ) शास्त्रेष्वकुण्ठिता बुद्धिर्माँवी धनुषि चातता ।