

**Directorate of Distance Education**  
**P.G. Diploma in Yoga Vijnana Annual Examination July, 2017**  
**Paper - 1**  
**(Introduction to Yoga)**

**Time: 3 hrs.****Max. Mark: 100**

**(Write answers in Answer booklet only)**

**Explain any Five of the following questions:****5x20=100**

- (1) Explain the essence of Sankhya Yoga of Bhagavadgita with reference?
- (2) What is chakra and its types? Explain its role and importance in Kundalini Yoga?
- (3) Explain Yoga-Meaning, definition, concepts, aim and objects?
- (4) Explain the Comparative study between yoga education and physical education?  
And conclude yoga is complimentary subject to physical Education?
- (5) Explain the place, seat, posture, condition of the mind in the method of meditation according to Dhyana Yoga of Bhagavadgita?
- (6) What is Bhakti? Explain various methods of devotion to salvation (Bhakti to Mukti)?
- (7) What are the common concepts between yoga and Jainism? Explain.
- (8) Write a lesson plan on paschimottanasana?
- (9) Write short notes on any two of the following:**
  - (1) Characteristics of yoga teacher.
  - (2) Raja Yoga
  - (3) Sadana chatustayam.
  - (4) Importance of yoga in Education.
- (10) Write short notes on any four of the following:**
  - (1) Vairagyam
  - (2) Nadis
  - (3) Asana
  - (4) Mis concepts of yoga
  - (5) Muladhara chakra
  - (6) Prana and its types

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**Paper - 2**  
**(Classical Yoga)**

**Time: 3 hrs.****Max. Mark: 100**

**(Write answers in Answer booklet only)**

**Explain any Five of the following questions:****5x20=100**

- (1) Explain 'Kriya Yoga'? How it helps to eliminate Kleshas?
- (2) What is 'Mudra'? Explain the 'Dasa Mudras' with textual reference.
- (3) What is the meaning of 'Ha' and 'Tha' in Hatha Yoga? Explain its history and development of Hatha Yoga?
- (4) What are the 'Antharayas' Explain? And how it eliminates?
- (5) What is Saptanga Yoga? Briefly explain its methods?
- (6) What is the role of food (Ahara) in yoga sadhana? Explain pathya and Apathya?
- (7) What is Samadhi? Explain with textual reference?
- (8) What are the constructive factors and destructive factors of Yoga according to Hatha Yoga pradipika Explain?

**(9) Write short notes on any two of the following:**

- (1) Shat Kriyas
- (2) Matha lakshanas
- (3) Shat chakras
- (4) Three Bandhas

**(10) Write short notes on any four of the following:**

- (1) Yama
- (2) Kumbhakas
- (3) Prana and types
- (4) Asana
- (5) Hithahara
- (6) Dharana

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**Paper - 3**  
**(Human Biology)**

**Time: 3 hrs.****Max. Mark: 100**

**(Write answers in Answer booklet only)**

**Explain any Five of the following questions:****5x20=100**

- (1) List out various glands present in the endocrine system and write the functions of each gland?
- (2) Describe the structure of heart. Explain the properties of cardiac muscle.
- (3) List out the types of joints present in our body. Explain the functions of joints?
- (4) Importance of proteins in the biological system?
- (5) Explain cell structure and its functions.
- (6) Explain the organs of respiratory system and its functions.
- (7) Explain the importance of digestive system? Write its organs and functions!
- (8) Briefly explain the types of Nervous system and its function?
- (9) Write short note on any two of the following:**
  - (1) Cornea function
  - (2) Blood groups
  - (3) Balanced diet
  - (4) Minerals
- (10) Write short on any four of the following:**
  - (1) Menstruation
  - (2) Anticoagulation
  - (3) Blood pressure
  - (4) Lung volume
  - (5) Body temperature
  - (6) Kidney function

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**Paper - 4**  
**(Basis and Principles of Yoga Therapy)**

**Time: 3 hrs.****Max. Mark: 100**

(Write answers in Answer booklet only)

**Explain any Five of the following questions:****5x20=100**

- (1) What are the basis and principles of yoga therapy explain?
- (2) Explain the effects of various yogic practices on digestive system?
- (3) Explain the concept of 'Manas' according to Ayurveda?
- (4) Explain the effects of yogic practices in treatment of diabetes?
- (5) Explain about the preventive aspects of yoga therapy?
- (6) Explain the theory of three dhoshas?
- (7) What is 'dhatu'? Explain sapta dhatus for health and ill-health?
- (8) Explain 'pancha karma' and 'shat karma' of its similarities in practice.
- (9) **Write short notes on any two of the following:**

- (1) Yoga Therapy for insomnia
- (2) Yoga Therapy for constipation
- (3) Yogic therapy for Hormonal imbalance
- (4) Yogic practices for Respiratory system

**(10) Write short note on four of the following:**

- (1) Vamana karma
- (2) Swastha (Health)
- (3) Panchakosha
- (4) Define Ayurveda
- (5) Three malas
- (6) Sushruta

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**Paper - 5**  
**(Basics Relevant to Yogic Sciences Sanskrit)**

Time: 3 hrs.

Max. Mark: 100

(Write answers in Answer booklet only)

- I. विभक्तयः कति प्रकाराः ? लिखत । 5 Marks
- II. द्वयोः शब्दयोः सर्वविभक्तिषु रूपाणि लिखत । 10 Marks  
 (क) हरि (ख) राम  
 (ग) रमा (घ) मनस्
- III. चतुर्णां निर्दिष्टलकारेषु रूपाणि लिखत । 10 Marks  
 (क) भू (लृट्) (ख) खाद (लट्)  
 (ग) पठ् (लृट्) (घ) कथ (लङ्)  
 (ङ) कृ (लट्) (च) लिख् (लङ्)
- IV. पञ्चानां चिह्न निर्देशपुरस्सरं आङ्ग्लभाषायां लिखत । 10 Marks  
 (क) योगारूढः (ख) असत्यम् (ग) काठिन्यम्  
 (घ) नियामा (ङ) हेषा (च) तपः  
 (छ) कृष्णः (ज) पतञ्जलिः
- V. पञ्च नामनिर्देशपुरस्सरं सन्धत । 10 Marks  
 (क) सूर्य + उदय (ख) इति + आदि  
 (ग) महा + औदार्यम् (घ) योग + आलयः  
 (ङ) गुरु + उपदेशः (च) नर + उत्तमः  
 (छ) राम + अनुजः (ज) विद्या + अर्थी
- VI. पञ्चानां स्वीयवाक्यप्रयोगं कुरुत । 5 Marks  
 (क) सर्वदा (ख) अहिंसा (ग) तत्र  
 (घ) विना (ङ) केवलम् (च) पत्रम्  
 (छ) एकः (ज) योगः
- VII. भक्तियोगस्य वैशिष्ट्यं लिखत । 10 Marks
- VIII. कठोपनिषद्गतं यौगिकांशान् स्पष्टयत । 10 Marks
- IX. रघुवंशस्य वैशिष्ट्यं लिखत । 10 Marks
- X. द्वौ श्लोकौ व्याख्यात । 10 Mark  
 (क) एवं सततयुक्ता ये भक्तास्त्वं पर्युपासते।  
 ये भाव्यक्षरमव्यक्तं तेषां के योगवित्तमाः॥  
 (ख) अनपेक्षः शुचिर्दक्षः उदासीनो गतव्ययः।  
 सवर्त्मभ परित्यागी यो मद्भक्तः स मे प्रियः॥

(अनुवर्तते...)

- (ग) श्रेयो हि ज्ञानमभ्यासात् ज्ञानात् ध्यानं विशिष्यते ।  
ध्यानात्कर्म फलत्यागस्त्यागाच्छान्तिरनन्तरम्॥
- (घ) सन्तुष्टः सततं योगी यथात्मा दृढनिश्चयः।  
मर्यर्षितमनो बुद्धिर्यो मद्भक्तः स मे प्रियः॥

**XI. द्वयोः टिप्पणीं लिखत ।**

**10 Marks**

- (१) संनियम्येन्द्रियग्रामं सर्वत्र समबुद्धयः।  
(२) अनन्येनैव योगेन मां ध्यायन्त उपासते ।  
(३) निर्ममो निरहङ्कारः समदुःखसुखः क्षमी।  
(४) सुभाशुभपरित्यागी भक्तिमान् यः स मे प्रियः।  
(५) शीतोष्णसुखदुःखेषु समः सङ्गविवर्जितः।

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