

Directorate of Distance Education
P.G. Diploma in Yoga Vijnana Annual Examination May/June, 2018
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) What are the similarities and differences between yoga and physical education.
- (2) What is Raja yoga? Explain briefly.
- (3) What are the aims and objectives of yoga? Explain.
- (4) Explain about the 25 tattvas of evolution.
- (5) What are Naadis? Explain the effects of pranayama on Naadis.
- (6) What are the common concepts of yoga and Buddhism? Explain.
- (7) Write about the yogic concepts in ancient literature?
- (8) Write a lesson plan on Padmasana.
- (9) Write short notes on any two of the following:**
 - (a) Sushumna Nadi
 - (b) Benefits of yogic Education
 - (c) Bhakti yoga
 - (d) Dhyanam

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

- (a) Chakras
- (b) Pranayama
- (c) Upa pranas and its types
- (d) Ajna chakra
- (e) Benefits of yoga education
- (f) Abhyasam (practice)

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Directorate of Distance Education
P.G. Diploma in Yoga Vijnana Annual Examination May/June, 2018
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) What are shat kriyas? Explain about them.
- (2) Write a note on yoga darsana book.
- (3) Explain the relationship of Hatha yoga and Raja yoga.
- (4) What is Pranayama? Write about the benefits of Pranayama.
- (5) Explain about Ghatayoga briefly.
- (6) Explain about the sodhana kriyas according to Hatha yoga Pradipika.
- (7) What are the eight limbs of yoga according to Patanjali Maharshi? Explain.
- (8) What are chakras? Explain briefly about shat chakras.
- (9) **Write short notes on any two of the following:**
 - (a) Vrittis
 - (b) Nadi Sodhana
 - (c) Gheranda Samhitha
 - (d) Asta kumbhakas

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

- (a) Antharayas
- (b) Mithahara
- (c) Samyama
- (d) Kriya yoga
- (e) Bhramari
- (f) Trataka

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Directorate of Distance Education
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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) Describe the structure of kidneys. What are the functions of Glomerules & Renal tubules.
- (2) Explain the organs of digestive system and its functions.
- (3) Write about the blood corpuscles.
- (4) Explain the importance of endocrine system-Discuss briefly about Thyroid gland.
- (5) What are Enzymes? Explain
- (6) Explain about the Nervous system & its functions.
- (7) What are special senses? Explain briefly about them.
- (8) What is the mechanism of muscle contraction?
- (9) **Write short notes on any two of the following:**
 - (a) Cell
 - (b) Vitamins
 - (c) Islets of Langerhans
 - (d) Heart
- (10) **Write short notes on any four of the following:**
 - (a) Cardiac muscle
 - (b) Coagulation of blood
 - (c) Hypertension
 - (d) Function of Skin
 - (e) Hormones
 - (f) Mechanism of Breathing

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Directorate of Distance Education
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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) Explain the effects of various yogic Practices on Nervous system.
- (2) Explain Pancha kosa theory.
- (3) Discuss on yoga and mental health.
- (4) Explain the effects of yogic Practices in treatment of Hypertension.
- (5) What is the use of Yoga therapy on Present health disorders?
- (6) Write about Dinacharya and Rithu Charya.
- (7) What are saptha dhatus? Explain briefly about them.
- (8) Explain about the Promotive aspects of yoga therapy.
- (9) Write short notes on any two of the following:**
 - (a) Yogic Practices for Endocrine system
 - (b) Yoga therapy for Asthma
 - (c) Yoga therapy for Arthritis
 - (d) Yogic practices for Excretory system

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

- (a) Tri doshas
- (b) Vasthi kriya
- (c) Sveda
- (d) Define yoga therapy
- (e) Charaka
- (f) Ojas

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P.G. Diploma in Yoga Vijnana Annual Examination May/June, 2018
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) मतिः (ख) भ्रातृ
 (ग) गुरुः (घ) अस्मद्
- III. चतुर्णां निर्दिष्टलकारेषु रूपाणि लिखत । 10 Marks
 (क) कथ् (लृट्) (ख) भू (लट्)
 (ग) अस् (लृट्) (घ) लिख् (लङ्)
 (ङ) चिन्त् (लट्) (च) पट् (लङ्)
- IV. पञ्चानां चिह्न निर्देशपुरस्सरं आङ्ग्लभाषायां लिखत । 10 Marks
 (क) सत्यम् (ख) कालिदासः (ग) अहिंसा
 (घ) रामः (ङ) योगः (च) आलयः
 (छ) पत्रम् (ज) नचिकेतः
- V. पञ्च नामनिर्देशपुरस्सरं सन्धत । 10 Marks
 (क) विद्या + आलयः (ख) नर + इंद्रः
 (ग) माधव + आचार्यः (घ) इति + आदि
 (ङ) मह + उलमः (च) वन + ओषधिः
 (छ) पितृ + ऋणं (ज) कवि + ईश्वरः
- VI. यथेष्टं पञ्च शब्दानुपयुज्य स्वतन्त्रवाक्यानि रचयत । 5 Marks
 (क) गुरुः (ख) तपः (ग) योगः
 (घ) मनस् (ङ) तोयम् (च) कर्मा
 (छ) उत्तमः (ज) मही
- VII. कालिदासस्य वैशिष्ट्यं वर्णयत । 10 Marks
- VIII. भक्तियोगस्य प्राशस्त्यं लिखत । 10 Marks
- IX. वाजश्रवनचिकेतयोः संवादं लिखत । 10 Marks
- X. द्वौ श्लोकौ व्याख्यात । 10 Mark
 (क) ये तु सर्वाणि कर्माणि मयि संन्यस्य मत्पराः।
 अनन्येनैव योगेन मां ध्यायन्त उपासते ॥
 (ख) अथ चित्तं समाधातुं न मयि शक्नोषि स्थिरम् ।
 अभ्यासयोगेन ततो माम् इच्छामुं धनंजय ॥

(अनुवर्तते...)

- (ग) समः शत्रौ च मित्रे च तथा मानापमानयोः ।
शीतोष्णसुखदुःखेषु समः सङ्गविवर्जितः ॥
- (घ) ये तु धर्म्यामृतमिदं यथोक्तं पर्युपासते ।
श्रद्धधाना मत्परमा भक्तास्तेऽतीव मे प्रियाः ॥

XI. द्वयोः टिप्पणीं लिखत ।

10 Marks

- (१) अनपेक्षः शुचिर्दक्षः उदासीनो गतव्ययः ।
(२) सन्तुष्टः सततं योगी यथात्मा दृढनिश्चयः ।
(३) श्रेयो हि ज्ञानमभ्यासात् ज्ञानात् ध्यानं विशिष्यते ।
(४) एवं सततयुक्ता ये भक्तास्त्वां पर्युपासते ।
(५) तेषाम् अहं समुद्धर्ता मृत्युसंसारसागरात् ।

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