

Roll No

Code No: 917908

**RASHTRIYA SANSKRIT VIDYAPEETHA :: TIRUPATI**  
**Directorate Distance Education**  
**P.G. Diploma in Yoga Vijnana Annual Examination June, 2019**  
**Paper - 1**  
**(Introduction to Yoga)**

Time 3 hrs.]

[Max. Mark: 100

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

**I. Explain any five of the following questions: 5x20=100**

1. Explain various meanings definitions, concepts and Misconcepts of Yoga.
2. Describe the development of Yoga from ancient period to modern period.
3. What are the important schools of Yoga? Explain?
4. Write about various Yogic elements (practices) from Jainism?
5. What are the Chakras? Explain its role and importance in Kundalini Yoga?
6. What are the characteristics of enlightened person according to Baghavat Gita? Explain?
7. Explain Dhyana Yoga and its preparation according to Baghavat Gita?
8. Write about comparative study between yoga education and physical education?
9. Write a short notes on any two of the following
  - (a) Explain Satkaryavada
  - (b) What are the ideal qualities of a yoga teacher
  - (c) Karma yoga
  - (d) Write a model lesson plan on "Paschimottanasana".
10. Write a short notes on any four of the following
  - (a) Nishkama Karma
  - (b) Qualities of a devotee
  - (c) Dukhatrayas
  - (d) Three Gunas
  - (e) Aim of Yoga
  - (f) Nadis

Roll No

Code No: 917909

**RASHTRIYA SANSKRIT VIDYAPEETHA :: TIRUPATI**  
**Directorate Distance Education**  
**P.G. Diploma in Yoga Vijnana Annual Examination June, 2019**  
**Paper - 2**  
**(Classical Yoga)**

Time 3 hrs.]

[Max. Mark: 100

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

**I. Explain any five of the following questions: 5x20=100**

1. Explain Asta Kumbhakas with textual reference.
2. What is the role of Yama and Niyama in Yoga? Explain?
3. What is Samadhi? Explain its types and methods according to Yoga Darshana.
4. How Kriya Yoga eliminates Kleshas Explain?
5. What is Mudra? Explain about Dasa Mudras?
6. What is Astanga Yoga? Explain in brief?
7. What is Sapthanga Yoga? Briefly explain its methods?
8. Explain the importance of Shat kriyas from Hatha Yoga pradipika?
9. Write a short notes on any two of the following
  - (a) Iswara pranidhana.
  - (b) Three Bandhas.
  - (c) Pathya and apathya.
  - (d) Constructive factors of Yoga.
10. Write a short notes on any four of the following
  - (a) Viparitarani Mudra
  - (b) Asanam
  - (c) Matha lakshana
  - (d) Vairagyam
  - (e) Nadis
  - (f) Brahmacharyam

**000**

Roll No

Code No: 917910

**RASHTRIYA SANSKRIT VIDYAPEETHA :: TIRUPATI**  
**Directorate Distance Education**  
**P.G. Diploma in Yoga Vijnana Annual Examination June, 2019**  
**Paper - 3**  
**(Human Biology)**

Time 3 hrs.]

[Max. Mark: 100

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

**I. Explain any five of the following questions:**

**5x20=100**

1. Describe the types of joints their structure and functions.
2. Draw the structure of heart and explain the properties of cardiac muscle.
3. Write about the cell structure and its function.
4. Explain the importance of proteins in the biological system.
5. What is the importance of respiratory system? Explain its organs and their functions?
6. Describe the classification and properties of each muscle.
7. Write an essay on Nutrition.
8. Explain the structure and functions of skin with diagram.
9. Write a short notes on any two of the following
  - (a) functions of enzymes.
  - (b) carbohydrates
  - (c) functions of cornea.
  - (d) functions of stomach.
10. Write a short notes on any four of the following
  - (a) Blood groups
  - (b) Regulation of body temperature
  - (c) Role of Insulin
  - (d) Minerals
  - (e) Spinal column
  - (f) Balanced diet

Roll No

Code No: 917911

**RASHTRIYA SANSKRIT VIDYAPEETHA :: TIRUPATI**  
**Directorate Distance Education**  
**P.G. Diploma in Yoga Vijnana Annual Examination June, 2019**  
**Paper - 4**  
**(Basic & Principles of Yoga Therapy)**

Time 3 hrs.]

[Max. Mark: 100

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

**I. Explain any five of the following questions:**

**5x20=100**

1. What are the basis and principles of yoga therapy. Explain?
2. Describe the role of food in yoga therapy?
3. Explain the effects of various yogic practices on digestive system?
4. What is the scope of yoga in the treatment of diabetes. Explain?
5. What is dhosha? Explain the theory of three dhoshas.
6. Explain the concept of 'manas' according to Ayurveda?
7. What is the role of yoga in preventive - curative - promotive aspects of health.
8. Write an essay on "Indian concepts of health"
9. Write a short notes on any two of the following
  - (a) Write about Dinacharya.
  - (b) Stress
  - (c) Constipation
  - (d) Yogic practices for Respiratory System.
10. Write a short notes on any four of the following
  - (a) Trataka Kriya
  - (b) Three malas
  - (c) Pancha Kosa
  - (d) Define Ayurveda
  - (e) Swastha (Health)
  - (f) Three Bandhan

**000**

**RASHTRIYA SANSKRIT VIDYAPEETHA :: TIRUPATI**  
**Directorate Distance Education**  
**P.G. Diploma in Yoga Vijnana Annual Examination June, 2019**  
**Paper - 5**  
**(Basic relevant to Yogic Science)**

Time 3 hrs.]

[Max. Mark: 100

(Write answers in Answer booklet only)

- |              |  |                 |
|--------------|--|-----------------|
| <b>I.</b>    | लकाराः कति प्रकाराः लिखता  | <b>5 Marks</b>  |
| <b>II.</b>   | द्वयोः शब्दयोः सर्वविभक्तिषु रूपाणि लिखता  | <b>10 Marks</b> |
|              | (क) युस्मद् (ख) पितृ<br>(ग) लता (घ) गृहम्  |                 |
| <b>III.</b>  | चतुर्णां निर्दिष्टलकारेषु रूपाणि लिखत।   | <b>10 Marks</b> |
|              | (क) कृ (लृट्) (ख) क्षी (लट्)<br>(ग) खाद् (लृट्) (घ) वद् (लङ्)<br>(ङ) अद् (लट्) (च) ध्या (लङ्)  |                 |
| <b>IV.</b>   | पञ्चानां चिह्न निर्देशपुरस्सरं आङ्ग्लभाषायां लिखत।   | <b>10 Marks</b> |
|              | (क) अनृतम् (ख) भारविः<br>(ग) शौचम् (घ) सीता<br>(ङ) वैराग्यम् (च) मन्दिरम्<br>(छ) तृणम् (ज) वाजश्रवसः                                 |                 |
| <b>V.</b>    | पञ्च नामनिर्देशपुरस्सरं सन्धत्र।   | <b>10 Marks</b> |
|              | (क) शिवा + आलयः (ख) मह + इन्द्रः<br>(ग) तत् + च (घ) राम + अनुजः<br>(ङ) कविः + जयति (च) जगत् + ईशः<br>(छ) मनस् + शान्तिः (ज) पौ + अकः |                 |
| <b>VI.</b>   | यथेष्टं पञ्च शब्दानुपयुज्य स्वतन्त्रवाक्यानि रचयता।  | <b>5 Marks</b>  |
|              | (क) शिष्यः (ख) मोहः<br>(ग) ईश्वरः (घ) शरीरम्<br>(ङ) वारी (च) कार्यम्<br>(छ) सज्जनः (ज) धरणी  |                 |
| <b>VII.</b>  | रघुवंशराजानः वैशिष्ट्यं वर्णयत।  | <b>10 Marks</b> |
| <b>VIII.</b> | भक्तियोगस्य लक्षणानि लिखत।   | <b>10 Marks</b> |
| <b>IX.</b>   | कठोपनिषदि विवृताः यौगिकांशाः लिखत।   | <b>10 Marks</b> |

**X. द्वौ श्लोकौ व्याख्यात।**

**10 Marks**

- (क) तेषामहं समुद्धर्ता मृत्युसंसारसागरात्।  
भवामि न चिरात्पार्य मय्यावेशितचेतसाम्।
- (ख) अभ्यासेऽप्यसमर्थोऽसि मत्कर्मपरमो भव।  
मदर्थमपि कर्माणि कुर्वन्सिद्धिमवाप्स्यसि॥
- (ग) ज्ञाने मौनं क्षमा शक्तौ प्यागे श्लाघविपर्ययः।  
गुणा गुणानुबन्धित्वात्तस्य सप्रसवा इव॥
- (घ) स्निग्धगाम्भीरनि धौस्यमेकं स्यन्दनमास्थितौ।  
प्रावृषेण्यं प्रयोवाहं विद्युदैरावताविव॥

**XI. द्वयोः टिप्पणी लिखत।**

**10 Marks**

- (१) मय्येव मन आधत्स्व मयि बुद्धिं निषेशय।
- (२) अद्वेष्टा सर्व भूतानां मैत्रः करुण राव च।
- (३) समः शत्रौ च मित्रे च तथा मानापमानयोः।
- (४) यो न दृष्यति न द्वेष्टि न शोचति न काङ्क्षति।
- (५) ये तु सर्वाणि कर्माणि मयि संन्यस्य मत्पराः।

**000**