

**Directorate of Distance Education**  
**P.G. Diploma in Yoga Vijnana Annual Examination July, 2016**  
**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 SATKARYAVADA theory of Sankhya Philosophy.
- (2) Explain Various definitions of Yoga from PURANAS.
- (3) Write any FIVE SLOKAS from Chapter VI – Dhyana Yoga of Bhagavadgita and explain its Meaning.
- (4) Compare and Contrast Yogic education with Physical education.
- (5) Write a lesson plan on 'MULABANDHA'.
- (6) Trace out various Yogic elements from Buddha Philosophy.
- (7) Explain Various practising procedures of Jnana Yoga.
- (8) Write about NADIS and its importance role in Yoga practice.
- (9) Write short notes on any Two of the following :
  - (1) Sattva Guna
  - (2) Yoga in Upanishads
  - (3) Meditation
  - (4) Selfless Action
- (10) Write short notes on any four of the following :
  - (1) Abhyasa
  - (2) Mind
  - (3) Bhakthi
  - (4) Dukhatrayam
  - (5) Aim of Yoga
  - (6) Chakras

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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 the relationship of Hatha yoga and Raja Yoga.
- (2) Explain the importance of Pranava (OM) in Isvarapranidhana.
- (3) Explain the importance of Shat Kriyas in Hathayoga practice.
- (4) Explain the definition of Yoga with textual reference of yoga sutras.
- (5) How the practices of YAMA and NIYAMA help in Yoga practice ? Explain.
- (6) Describe the theory of KLESAS.
- (7) Explain ASHTAKUMBHAKAS with textual reference.
- (8) Explain about Constructive factors of Yoga practice.
- (9) Write short notes on any Two of the following :
  - (1) Mitahara
  - (2) Swastikasana
  - (3) Saptanga Yoga
  - (4) Mudras
- (10) Write short notes on any Four of the following :
  - (1) Vairagyam
  - (2) Brahamacharya
  - (3) Yoga and Life
  - (4) Tapas
  - (5) Ahamkara
  - (6) Bandhas

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

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

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

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

- (1) Define blood pressure, describe the factors regulating cardiac output.
- (2) Name the hormones secreted by pancreas and their function.
- (3) Describe the type, structure & functions of Joints in our body.
- (4) Write short note on any Two of the following :
  - (a) Phases of deglutition
  - (b) Mechanism of action of enzymes
  - (c) Mention the Extra ocular muscles and movements produced by them
  - (d) Differences between blood and lymph fluid
- (5) Name the respiratory centers Explain the neural regulation of respiration.
- (6) Distinguish between cellmediated and antibody mediated immunity.
- (7) Write short note on any Four of the following:
  - (a) Micturition
  - (b) Active and passive immunity
  - (c) List four functions of Liver
  - (d) Carbohydrates
  - (e) Name the clotting factors
- (8) Describe the structure of Nephron.
- (9) Describe the functions of kidneys and juxtaglomerular apparatus.
- (10) Describe the attachment of muscle to bone and the factors which influence movement.

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**Paper - 4**  
**(Basis and Principle 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. Write about Curative aspects of Yoga Therapy.
2. Explain the role of food in Yoga Therapy.
3. What is the Meaning of therapy? Explain various therapies and the importance of Yoga Therapy.
4. Describe the need and role of Mind in Yoga Therapy.
5. Write about Annamaykosa and Pranamayakosa.
6. Justify the need and importance of "Dinacharya" in Yoga Practice.
7. Write an essay on "Indian Concepts of Health".
8. Explain about Basic Principles of Ayurveda.
9. Write short notes on any Two of the following :
  - (1) Yoga Therapy for Stress
  - (2) Yoga Therapy for Asthma
  - (3) Yogic practices for Nervous System
  - (4) Yogic Practices for Immune System
10. Write short notes on Four of the following :
  - (1) Trataka Kriya
  - (2) Ritucharya
  - (3) Virechana Karma
  - (4) Nauli Kriya
  - (5) Dhatus
  - (6) Bhujanga Asana

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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. लकाराः कति ? स्पष्टयत । 5Marks
- II. द्वयोः शब्दयोः सर्वविभक्तिषु रूपाणि लिखत । 10Marks  
 (अ) हरि (आ) रमा (इ) किम् (पुं) (ई) अस्मद्
- III. चतुर्णां निर्दिष्टलकारेषु रूपाणि लिखत । 10Marks  
 (अ) पट् (लट्) (आ) पा (लट्) (इ) कृ (लृट्) (ई) भू (लट्)  
 (उ) वद् (लृट्) (ऊ) लिख् (लड्)
- IV. पञ्चानां चिह्ननिर्देशपुरस्सरं आङ्ग्लभाषायां लिखत । 10Marks  
 (अ) शीर्षासनम् (आ) दर्शनम् (इ) विसृष्टः (ई) श्रीकृष्णः  
 (उ) श्रेष्ठः (ऊ) मोक्षः (ए) दृढनिश्चयः (ऐ) तेषाम्
- V. पञ्च नामनिर्देशपुरस्सरं सन्धत्त । 10Marks  
 (अ) यदि + अपि (आ) अनन्येन + एव (इ) हर्ष + अमर्षः (ई) मनस् + शान्तिः  
 (उ) देव + ऋषिः (ऊ) सूर्य + उदय (ए) भय + उद्वैगः (ऐ) विद्या + आलयः
- VI. पञ्चानां स्वीयवाक्यप्रयोगं कुरुत । 5Marks  
 (अ) आसनम् (आ) पत्रम् (इ) क्रीडा (ई) यदा-तदा  
 (उ) कुत्र (ऊ) विद्या (ए) सर्वत्र (ऐ) ध्यानम्
- VII. रघुवंशराजानः कीदृशाः ? स्पष्टयत । 10Marks
- VIII. भक्तियोगस्य योगदानं विशदयत । 10Marks
- IX. यम-नचिकेतयोः संवादः विवृणुत । 10Marks
- X. द्वौ श्लोकौ व्याख्यात । 10Marks  
 (अ) शैशवेऽभ्यस्तविद्यानां यौवने विषयैषिणाम् ।  
 वार्धके मुनिवृत्तीनां योगेनान्ते तनुत्यजाम् ॥  
 (आ) संनियम्येन्द्रियग्रामं सर्वत्र समबुद्धयः ।  
 ते प्राप्नुवन्ति मामेव सर्वभूतहिते रताः ॥  
 (इ) ज्ञाने मौनं क्षमा शक्तौ त्यागे श्लाघविपर्ययः ।  
 गुणा गुणानुबन्धित्वात्तस्य सप्रसवा इवा ॥  
 (ई) अभ्यासेऽप्यसमर्थोऽसि मत्कर्मपरमोभव ।  
 मदर्थमपि कर्माणि कुर्वन् सिद्धिमवाप्स्यसि ॥
- XI. द्वयोः टिप्पणीं लिखत । 10Marks  
 (अ) ध्यानात् कर्मफलत्यागः त्यागात् शान्तिरनन्तरम् ।  
 (आ) जगतः पितरौ वन्दे पार्वती परमेश्वरौ ।  
 (इ) अनन्येनैव योगेन मां ध्यायन्त उपासते ।  
 (ई) आकारसदृशप्रज्ञा प्रज्ञया सदृशागमः ।  
 (उ) ये चाप्यक्षरमव्यक्तं तेषां के योगवित्तमाः ।