

P.G. Diploma in Yoga Vijnana Examination - July - 2014**Paper - 1**

Time : 3 Hrs.]

(Introduction to Yoga)

[Max. Marks : 100

All Questions carry equal marks.

Answer any five of the following. [5 x 20 = 100]

- I. 1. Write the meaning, definition, aims and objects of Yoga.
- 2.. Explain the Yogic concepts in Indian Literature from Vedas to modern era.
3. Discuss about Yoga in relation to other systems of Jainism and Buddhism.
4. What is Raja Yoga - Explain.
5. Describe Sankhya Yoga with evolution of 25 Tatvas.
6. Discuss the historical development of Kundalini Yoga.
7. Define the difference of physical education with Yoga education,
8. Describe the immortality of soul explained in Bhagavadgeetha.
9. Write short notes on any Two of the following.
- (a) Meditation
 - (b) Merits of enlightened Yogi.
 - (c) Qualities of Yoga teacher.
 - (d) Yoga - Modal lesson plan
10. Write short notes on any Four of the following.
- (a) "Samathvam Yoga Uchyathe"
 - (b) "Yogah Karmasu Kousalam"
 - (c) Nishkama Karma
 - (d) Control of Mind
 - (e) Jnana Yoga

Roll No.

Code No. 14909

P.G. Diploma in Yoga Vijnana Examination - July - 2014

Paper - 2

Time : 3 Hrs.]

(Classical Yoga)

[Max. Marks : 100

All Questions carry equal marks.

Answer any five of the following. [5 x 20 = 100]

- I. 1. What is yoga and classification of Chitta according to Pathanjali ? Explain
- 2.. Write about Kriya Yoga practice.
3. Describe Ashtanga Yoga of Yogadarsana.
4. Discuss about Hatha Yoga and its relation with Raja Yoga.
5. What is Mithahara and explain Pathya and Apathyahara.
6. Write about the varieties of Kumbhakas and its benefits.
7. Explain the purification technics of Shat Kriyas.
8. Define Mudra and explain any 10 important Mudras.
9. Write short notes on any Two of the following:
 - (a) Asamprajnatha Samadhi
 - (b) Chitta Vikshepas
 - (c) Chitta Prasadanas
 - (d) Rthambara prajna
10. Write short notes any Four of the following:
 - (a) Yuktha Ayuktha Pranayama
 - (b) Nadi Suddi
 - (c) Hatha Yogiparampara
 - (d) Manonmany
 - (e) Sapthanga Upanga

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P.G. Diploma in Yoga Vijnana Examination - July - 2014**Paper - 3**

Time : 3 Hrs.]

(Human Biology)

[Max. Marks : 100

All Questions carry equal marks.

Answer any five of the following. [5 x 20 = 100]

1. Explain the types and mechanism of immunity.
2. Explain the menstrual cycle.
3. Discuss Gas - Exchange function of respiratory system.
4. Write short notes on any two of the following.
 - (a) Blood group and its importance.
 - (b) Conduction system of heart.
 - (c) Discuss balanced diet with its energy values.
 - (d) Enzyme Inhibitors and activators.
5. List out the lobes of Cerebrum. Discuss the functions of lobes of Cerebrum.
6. List out the types of joints and discuss the function of lower limb joints.
7. Write short notes on any four of the following.
 - (a) Minerals and Vitamins
 - (b) Autonomic nervous system
 - (c) Lactation
 - (d) Role of insulin in glucose metabolism
8. Discuss the regulation of temperature.
9. Discuss the properties of Cardiac muscle.
10. List out the intestinal secretion. Discuss their role in the process of digestion.

Roll No.

Code No. 14911

P.G. Diploma in Yoga Vijnana Examination - July - 2014

Paper - 4

Time : 3 Hrs.]

(Basic Principles of Yoga Therapy)

[Max. Marks : 100

All Questions carry equal marks. Answer any five.

5 x 20 = 100

- I. Explain the basic and principles of Yoga Therapy.
- II. Describe the Panchakosa theory of realisation.
- III. Yoga is a Therapy in preventive, promotive and curative aspects. Explain.
- IV. Write an essay on Mental Health.
- V. Discuss about the concept of Manas.
- VI. What is Dinacharya and Rithucharya.
- VII. Discuss about the Indian Concepts of Health.
- VIII. Write about the Sapthadhathus and its functions.
- IX. Write shortnotes on any **Two** of the following:
 - (a) Yogic practices for Respiratory problems
 - (b) Yoga effects on Endocrine glands.
 - (c) Yoga Therapy for Digestive system.
 - (d) Effects of Yoga on circulatory system.
- X. **Answer any Four of the following:**
 - (a) Sneha Karma
 - (b) Svedana Karma
 - (c) Vamana Karma
 - (d) Virechana Karma
 - (e) Vasthu Kriya
 - (f) Thridoshas.

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P.G. Diploma in Yoga Vijnana Examination - July - 2014**Sanskrit - Paper - 5**

Time : 3 Hrs.]

(Basic Relevance to Yogic Science)

[Max. Marks : 100

- I. उच्चारणस्थानानि लिखत । 5
- II. द्वयोः शब्दयोः सर्वविभक्तिषु रूपाणि लिखत । 10
 (अ) फल (आ) किम् (स्त्रीलिङ्गः)
 (इ) हरि (ई) पितृ
- III. चतुर्णां निर्दिष्टलकारेषु रूपाणि लिखत । 10
 (अ) पठ (लङ्) (आ) कथ (लट्)
 (इ) दा (लट्) (ई) भू (लृट्)
 (उ) खाद् (लृट्) (ऊ) भा (लट्)
- IV. (क) पञ्चानां चिह्ननिर्देशपुरस्सरं आङ्ग्लभाषायां लिखत । 5
 (अ) पतञ्जलिः (आ) दर्शनम्
 (इ) शीर्षिका (ई) अण्डः
 (उ) मञ्जरी (ऊ) श्रीः
 (ए) कण्ठः (ऐ) विज्ञानं
- V. (ख) पञ्च देवनागरी - अक्षरेषु लिखत । 5
 (अ) Samādhātum (आ) Pañca
 (इ) Kṛśah (ई) Samyamah
 (उ) Pṛsthah (ऊ) Puruṣah
 (ए) Āṅgāni (ऐ) Ramā
- VI. (क) पञ्च सन्धत्त । 5
 (अ) एक + अक्षरः (आ) महा + ईश्वरः
 (इ) परम + ऐश्वर्यम् (ई) सा + एव
 (उ) इति + उवाच (ऊ) गुरु + उपदेशः
 (ए) सप्त + ऋषिः (ऐ) नै + अकः
- (ख) पञ्च विघटयत । 5
 (अ) रमेशः (आ) परमानन्दः
 (इ) विद्यार्थी (ई) चन्द्रोदयः
 (उ) षडाननः (ऊ) मनश्शान्तिः
 (ए) मुनीशः (ऐ) रामश्चलति

- VII.** पञ्चानां स्वीयवाक्यप्रयोगं कुरुत । 5
- अ) आत्मा आ) शान्तिः इ) शरीरम्
 ई) सर्वत्र उ) पूजा ऊ) नास्ति
 ए) चित्रम् ऐ) आसनम्
- VIII.** रघुवंशराजानः कीदृशाः ? स्पष्टयत । 10
- IX.** भक्तियोगात् मुक्तिः कथं सिध्यति ? विवृणुत । 10
- X.** कठोपनिषदः वैशिष्ट्यं विशदयत । 10
- XI.** द्वौ श्लोकौ व्याख्यात । 10
- अ) श्रेयो हि ज्ञानमभ्यासाज्ज्ञानाध्यानं विशिष्यते ।
 ध्यानात्कर्मफलत्यागः त्यागाच्छान्तिरनन्तरम् ॥
- आ) यो न हृष्यति न द्वेष्टि न शोचति न काङ्क्षति ।
 शुभाशुभ परित्यागी भक्तिमान्यः स मे प्रियः ॥
- इ) वागर्थाविव संपृक्तौ वागर्थं प्रतिपत्तये ।
 जगतः पितरौ वन्दे पार्वती परमेश्वरौ ॥
- XII.** द्वयोः टिप्पणीं लिखत । 10
- अ) वार्धके मुनिवृत्तीनां योगेनान्ते तनुत्यजाम् ।
 आ) अनिकेतः स्थिरमतिर्भक्तिमान्मे प्रियो नरः ।
 इ) निवसिष्यसि मय्येव अत ऊर्ध्वं न संशयः ।
 ई) स पिता पितरस्तासां केवलं जन्महेतवः ।