

PRINCIPLES OF YOGA
QP Code: 2531
(QP contains two pages)

Your answers should be specific to the questions asked.

Draw neat, labeled diagrams wherever necessary.

(Note - Answer Section-A and Section-B in separate answer booklets)
Section - A
Multiple Choice Questions
10 X 1 = 10 Marks

1. Following is a Pranayama
 - a. Nauli
 - b. Bhastrika
 - c. Both
 - d. None of the above
2. Keerthana is a type of
 - a. Bhakti
 - b. Karma
 - c. Both
 - d. None of the above
3. Santosha is a
 - a. Yama
 - b. Niyama
 - c. Asana
 - d. Pranayama
4. Dharana is
 - a. Concentration
 - b. Meditation
 - c. Withdrawal of Senses
 - d. None of the above
5. Vikalpa is a
 - a. Vritti
 - b. Asana
 - c. Kriya
 - d. None of the above
6. Hatha Yoga Pradipika was authored by
 - a. Pathanjali
 - b. Gheranda
 - c. Swathmarama
 - d. None of the above
7. Para & Apra are types of
 - a. Karma
 - b. Bhakti
 - c. Jnana
 - d. Kundalini
8. "Manaha Prashamanopaya Yoga Ithyabidhiyate" is a definition of yoga given by
 - a. Baba Ramdev
 - b. Vashista
 - c. Sri Krishna
 - d. Swamy Vivekananda
9. Yoga can be applied in
 - a. Therapy
 - b. Fitness
 - c. Education
 - d. All the above
10. Prathyahara is
 - a. Control of Senses
 - b. Control of breath
 - c. Control of Vision
 - d. All the above

Section B
LONG ESSAYS (Answer any two)
2 X 10 = 20 Marks

11. Explain Raja Yoga in detail.
12. Define Asana. Write its types, importance, methods, rules, benefits, regulations and limitations.
13. Explain briefly about Chakras & Kundalini Yoga.

SHORT ESSAYS (Answer any ten)**10 X 5 = 50 Marks**

14. Write briefly about the historical highlights of Yoga & its development
15. Write on breathing and life span.
16. What is Jnana Yoga?
17. Write briefly about Hatha Yoga
18. What is Mantra Yoga?
19. Write the meaning, type, procedure, effects & benefits of Vajrasana
20. Write the meaning, type, procedure, effects & benefits of Sarvangasana
21. Write the meaning, type, procedure, effects & benefits of Trikonasana
22. Write about Maharshi Pathanjali & his contributions
23. Describe Laya Yoga briefly
24. Describe about the importance of yoga in personality development
25. Explain "Yogaha Karmasu Koushalam" briefly.

* * * * *

www.FirstRanker.com