

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 Kriya
 - a. Nauli
 - b. Bhastrika
 - c. Both
 - d. None of the above
2. Nishkamyā is a type of
 - a. Bhakti
 - b. Karma
 - c. Jnana
 - d. None of the above
3. Ishwara Pranidhana is a
 - a. Yama
 - b. Niyama
 - c. Asana
 - d. Pranayama
4. Samadhi is
 - a. Concentration
 - b. Meditation
 - c. Withdrawal of Senses
 - d. None of the above
5. Smriti is a
 - a. Vritti
 - b. Asana
 - c. Kriya
 - d. None of the above
6. Gheranda Samhita was authored by
 - a. Pathanjali
 - b. Gheranda
 - c. Swathmarama
 - d. None of the above
7. Ida & Pingala are types of
 - a. Karma
 - b. Bhakti
 - c. Jnana
 - d. Nadis
8. "Manaha Prashamanopaya Yoga Ithyabidhiyate" means Yoga is
 - a. Calming the mind
 - b. Questioning the mind
 - c. Agitating the mind
 - d. None of the above
9. Applications of Yoga include
 - a. Therapy
 - b. Fitness
 - c. Education
 - d. All the above
10. Pranayama 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. What is Raja Yoga? Briefly explain the Eight limbs involved.
12. Define Pranayama. Write its types, importance, methods, rules, benefits, regulations and limitations.
13. What is Kundalini Yoga? Enumerate the various Chakras & explain

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

14. Give an account of the historical highlights of Yoga & its development
15. Explain briefly about Asana.
16. Explain Karma Yoga briefly.
17. Write about Hatha Yoga & its philosophy
18. What is Mantra Yoga?
19. Write the meaning, type, procedure, effects & benefits of Vajrasana
20. Write the meaning, type, procedure, effects & benefits of Padahasthasana
21. Write the meaning, type, procedure, effects & benefits of Bhujangasana
22. Write about general rules and regulations for the practice of Yoga
23. Describe Laya Yoga briefly.
24. Describe about the importance of yoga in personality development
25. Explain "Yogaha Chitta Vritti Nirodha" briefly.

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