

Rajiv Gandhi University of Health Sciences

I Year B.N.Y.S Degree Examination – OCT-2019

Time: Three Hours**Max. Marks: 80 Marks****Principles of Yoga (RS-3)****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. Asana practice affects the
 - a. Mind
 - b. Physical body
 - c. Both the above
 - d. None of the above
2. Samadhi is also called as
 - a. Moksha
 - b. Salvation
 - c. Both
 - d. None of the above
3. Ishwara Pranidhana is a
 - a. Yama
 - b. Niyama
 - c. Asana
 - d. Pranayama
4. Dhyana is
 - a. Fasting
 - b. Meditation
 - c. Withdrawal of Senses
 - d. None of the above
5. Nidra is a
 - a. Vritti
 - b. Asana
 - c. Pranayama
 - d. None of the above
6. Yogic Diet advised is
 - a. Satvik
 - b. Rajasik
 - c. Tamasik
 - d. All the above
7. Meditative, cultural, Relaxative, are types of
 - a. Exercise
 - b. Pranayama
 - c. Asanas
 - d. None of the above
8. Oldest Evidence for Yoga is found in
 - a. Indus Valley Civilization
 - b. Books
 - c. Both the Above
 - d. None of the above
9. Yoga is applied in
 - a. Therapy
 - b. Fitness
 - c. Education
 - d. All the above
10. Neti is a type of
 - a. Asana
 - b. Pranayama
 - c. Kriya
 - d. None of the above

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Section B

LONG ESSAYS (Answer any two)

2 X 10 = 20 Marks

11. Give a brief outline of the basis & philosophy of Yoga.
12. What are the eight limbs of Raja Yoga? Explain briefly
13. Briefly summarize the history of Yoga.

SHORT ESSAYS (Answer any ten)

10 X 5 = 50 Marks

14. Write briefly about Upanishads & their contribution to Yoga
15. Give a brief introduction to Jnana Yoga.
16. What is Kundalini. Name the Chakras & give a brief outline?
17. Write on yogasanas and prana
18. Asanas affect the mind and the body. Explain
19. Write the meaning, type, procedure, effects & benefits of Siddhasana
20. Write the meaning, type, procedure, effects & benefits of Paschimottanasana
21. Write the meaning, type, procedure, effects & benefits of Shavasana
22. Definition of yoga
23. Describe briefly about Laya Yoga.
24. Briefly enumerate and explain the basis of various branches of Yoga?
25. Yoga develops an individual's overall personality. Explain.

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