

SRI DEVARAJ URS ACADEMY OF HIGHER EDUCATION & RESEARCH
(A DEEMED TO BE UNIVERSITY)

Post Graduate Diploma in Yoga Practice (PGDYP)

First Year Semester – I, February-2017 Examination

Time: 2.30 Hrs.

[Max. Marks: 80]

Paper – I
Foundation of Yoga

Q.P Code: 7111

Your answers should be specific to the questions asked.

Draw neat labelled diagrams wherever necessary.

SHORT ANSWERS

10 X 3 = 30 Marks

1. Definition of Yoga according to Patanjali.
2. Name the Pancha Koshas and 1 specific practice for each kosha.
3. Concept of Ishwara in Patanjali Yoga Sutra.
4. Methods of control Chitta Vrittis.
5. What is Mitahara.
6. Hata Yogi Parampara.
7. Nodisuddhi pranayama.
8. Shatkriya.
9. Diet for Pranayama Practices.
10. Place of Hatayoga Practice.

SHORT ESSAY (Answer any Six)

6 X 5 = 30 Marks

11. Yama and Niyama in Hata Yoga and Patanjali Yoga.
12. Dharana, Dhyana and Samadhi according to Patanjali with Sanskrit slokas.
13. Asampragnata Samadhi and its classification.
14. Definition and quality of Ishwara.
15. Chittaprasadhana and its associates.
16. Hatha Yoga Siddhi Lakshana.
17. Explain Nadi Shuddhi Pranayama according to Gheranda.
18. Complete the verse Om Sahanavavtu and write the meaning.

LONG ESSAY (Answer any Two)

2 X 10 = 20 Marks

19. Explain in detail Bahiranga Yoga.
20. Comparison between Hata Yoga and Ghata Yoga.
21. Explain in details- Shatkriyas according to Hatayoga Pradeepika.

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Paper – II
Basic relevant to Yoga therapy
Q.P Code: 7221

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Draw neat labelled diagrams wherever necessary

SHORT ANSWERS

10 X 3 = 30 Marks

1. Brahmi Muhurtha.
2. Tridosha.
3. Kapha.
4. Panchakarma.
5. Mention Trimalas.
6. Define Ayurveda.
7. Purva Karma.
8. Mention Saptadhatu.
9. Shareera Dharmas.
10. Types of Pitta.

SHORT ESSAY (Answer any Six)

6 X 5 = 30 Marks

11. Write Varnamala using roman transliteration.
12. Ayurveda – as a holistic health system.
13. Relation between panchamahabutas and three Doshas.
14. Importance of Vata among three Doshas.
15. Concept of Agni. Mention Trayodasaagni.
16. Concept of Snehana.
17. Saptadhatu.
18. Concept of Rutucharya.

LONG ESSAY (Answer any Two)

2 X 10 = 20 Marks

19. Definition and maintenance of nature's constructive of health, importance of physical and mental hygiene.
20. Explain Dhatu, Mala and their functions.
21. Definition of Health according to Sushruta, explain with verse and interpret with WHO definition of health.

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Paper – III
Human Biology
Q.P Code: 7331

Your answers should be specific to the questions asked.
Draw neat labelled diagrams wherever necessary.

SHORT ANSWERS

10 X 3 = 30 Marks

1. Saliva.
2. Gastric Juice.
3. Thyroid.
4. Muscle contraction.
5. Hemoglobin.
6. Adrenal gland.
7. Spinal column.
8. Vitamins.
9. Lipids.
10. Inclusion and exclusion criteria.

SHORT ESSAY (Answer any Six)

6 X 5 = 30 Marks

11. What is the composition of Blood.
12. Explain the structure and functions of Kidney.
13. Describe the function and secretions of Pituitary Gland.
14. Explain the classification of diet according to Trigunas.
15. Describe the Anatomy of the Heart.
16. Explain mechanics of Breathing.
17. Explain the structure of Brain.
18. Explain cognitive processes.

LONG ESSAY (Answer any Two)

2 X 10 = 20 Marks

19. Explain process of digestion.
20. Explain the structure, Anatomy and properties of Cardiac Muscle.
21. Describe the structure, types and function of Joints.

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