

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

Post Graduate Diploma in Yoga Practice (PGDYP)

February 2015 Examinations

(Semester - I)

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 Ishwarapranidhana in therapy.
- ✓4 Methods to control the kleshas.
- ✓5 What is mitahara.
- 6 Vrittis, nature and classification.
- ✓7 Nadi shuddhi pranayama.
- ✓8 Varieties of kumbhaka.
- ✓9 Define health according to WHO.
- ✓10 Place of hatayoga practice.

SHORT ESSAY (Answer any Six)

6 X 5 = 30 Marks

- ✓11 Write about four streams of yoga according to swami Vivekananda.
- 12 Dharana, dhyana and Samadhi according to patanjali with Sanskrit slokas.
- ✓13 Sampragnata Samadhi and its classifications.
- 14 Definition and quality of ishvara.
- ✓15 Explain kriya yoga and its benefits.
- 16 Mithahara, patya and apatya rules in food taking.
- ✓17 Astanga yoga.
- ✓18 Complete the verse Om sahanavavtu.....and write the meaning.

LONG ESSAY (Answer any Two)

2 X 10 = 20 Marks

- 19 Difference and relationship of hatha yoga and raja yoga.
- 20 Explain in detail bahiranga yoga.
- 21 Explain in detail – shatkriyas according to hatha yoga pradeepika.

* * *

Post Graduate Diploma in Yoga Practice (PGDYP)

February 2015 examinations

(Semester - I)

Time: 2.30 Hrs.

[Max. Marks: 80]

Paper – II

Basic Relevant to Yoga Therapy

Q.P Code: 7221

Your answers should be specific to the questions asked.

Draw neat labelled diagrams wherever necessary.

SHORT ANSWERS

10 X 3 = 30 Marks

- 1 Mention three doshas? Functions of pitta dosha.
- 2 What are foreign matters and toxins, according to naturopathy?
- 3 What is importance of malas in ayurveda?
- 4 Mention names of classical texts which talk about Indian astronomy and astrology.
- 5 What are mrduvyanjana in Sanskrit? Explain with example.
- 6 Define body, mind and soul?
- 7 What is physical and mental hygiene? Give brief explanation.
- 8 Define swastha (health) according to ayurveda.
- 9 Mention shadrasas? Brief about lavana rasa.
- 10 What are different ways or channels of eliminating toxins in naturopathy?

SHORT ESSAY (Answer any Six)

6 X 5 = 30 Marks

- 11 What are sadrasas? Explain its relation with pancamahabhutas.
- 12 Explain history of naturopathy in brief.
- 13 Define vata, its types and functions.
- 14 What is basti as explained in pancakarma? What are its benefits.
- 15 What are different types of treatments given to patients in naturopathy?
- 16 Write varnamala using roman transliteration.
- 17 What is cause of disease, according to naturopathy? Explain mechanism too.
- 18 What are snehana and swedana in purvakarma? Explain.

LONG ESSAY (Answer any Two)

2 X 10 = 20 Marks

- 19 Write in detail about kapha dosa.
- 20 What do you understand by rutucharya? Explain its importance in maintaining health.
- 21 What are dhatus and malas? Explain in detail with particular relevance to human health.

Time: 2.30 Hrs.

[Max. Marks: 80]

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 What is cardiac cycle? What do you understand by term “cardiac output”?
- 2 What is alveolus? What is their main function?
- ✓3 Mention different types of joints. Explain hinge joint.
- 4 Define immunity. Which component of blood is involved in immunity?
- ✓5 Mention yogic classification of diet with example.
- 6 Functions of thyroid hormone.
- ✓7 Define statistical analysis. Why is it required?
- ✓8 What is balanced diet? what is the importance of balanced diet?
- ✓9 Functions of platelets.
- ✓10 What are similarities and differences in a monosaccharide and polysaccharide?

SHORT ESSAY (Answer any Six)

6 X 5 = 30 Marks

- ✓11 Explain concept of emotions, according to yogic understanding.
- ✓12 Mention names of any two minerals with their role in body.
- 13 Draw excretory system. Mention its parts.
- 14 Explain about voluntary and involuntary control of respiration with their importance.
- ✓15 What do you understand by panchamahabhutas? What is importance of knowledge of panchamahabhutas?
- ✓16 Brief about skeletal muscles.
- ✓17 Draw figure of brain. Label its parts.
- ✓18 Brief about spinal cord.

LONG ESSAY (Answer any Two)

2 X 10 = 20 Marks

- 19 What are components of excretory system? What is functional unit of excretory system? Explain with diagram.
- ✓20 What are fat soluble vitamins? Explain in detail.
- 21 What are the main components of digestive system? Explain functions of small and large intestine.