

**FIRST SEMESTER EXAMINATION**  
**DIPLOMA IN NATUROPATHY & YOGA SCIENCE**  
**Paper Code: DNYS0104**  
**Paper Name: Philosophy of Yoga**

**Maximum Marks = 70**

**Maximum Time = 3 Hrs.**

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The question paper has seven questions. The candidate must attend only five of them. All the questions has equal marks

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Question 1.	Discuss the philosophy and principles of yoga, including the ancient philosophical texts such as the Yoga Sutras of Patanjali and the Bhagavad Gita.	14 Marks
Question 2.	Explain the concept of yoga as a holistic system for physical, mental, and spiritual well-being, including the eight limbs of yoga (Ashtanga yoga) and the concept of self-realization.	14 Marks
Question 3.	Analyze the principles and techniques of yogic meditation and mindfulness, including the practices of dhyana (meditation), pranayama (breathing exercises), and the cultivation of mindfulness.	14 Marks
Question 4.	Discuss the ethical principles and values in yoga, including the practice of non-violence (ahimsa), truthfulness (satya), and self-discipline (tapas) in daily life.	14 Marks
Question 5.	Explain the principles and benefits of yogic asanas (postures) and their impact on physical health, flexibility, and balance.	14 Marks
Question 6.	Discuss the principles and techniques of yogic relaxation and stress management, including the practices of yoga nidra and savasana (corpse pose).	14 Marks
Question 7.	Analyze the integration of yoga philosophy with modern scientific research, including the therapeutic benefits of yoga for various health conditions, stress reduction, and overall well-being.	14 Marks