

FIRST SEMESTER EXAMINATION
DIPLOMA IN NATUROPATHY & YOGA SCIENCE
Paper Code: DNYS0106
Paper Name: Yoga Culture

Maximum Marks = 70

Maximum Time = 3 Hrs.

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

Question 1.	Discuss the historical development of yoga and its cultural significance in ancient and modern societies.	14 Marks
Question 2.	Explain the philosophy and symbolism behind yoga postures (asanas), including their cultural origins and spiritual meanings.	14 Marks
Question 3.	Analyze the principles and practices of mantra chanting and the use of sacred sounds in yoga culture.	14 Marks
Question 4.	Discuss the significance of yoga festivals and celebrations, such as International Yoga Day, and their role in promoting yoga as a global cultural phenomenon.	14 Marks
Question 5.	Explain the principles and practices of yoga in different cultural contexts, including the variations in styles, approaches, and traditions of yoga across different regions and countries.	14 Marks
Question 6.	Discuss the impact of yoga on popular culture and its integration into mainstream society, including its representation in media, literature, and the arts.	14 Marks
Question 7.	Analyze the ethical considerations in the commercialization and globalization of yoga, including issues of cultural appropriation, authenticity, and the preservation of traditional yoga practices.	14 Marks