

SECOND SEMESTER EXAMINATION
Diploma in Yoga
Paper Code: DIPYOGA0201
Paper Name: Fundamentals of Yoga II

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

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| Question 1. | Describe the meaning, concept of yoga. Explain the aims and objectives of Yoga. | 14 Marks |
| Question 2. | Explain the twenty-five entries of samkhya darshana. | 14 Marks |
| Question 3. | Write an essay on 'Astangayoga'. | 14 Marks |
| Question 4. | Explain the relationship of yoga with Samkhya in detail. | 14 Marks |
| Question 5. | Describe Shatkarma with its techniques and benefits. | 14 Marks |
| Question 6. | Explain the terms Chittavikshepa and Chittaprasadhana with example. | 14 Marks |
| Question 7. | Write notes on:
(a) Samadhipada
(b) Sadhanapada | 14 Marks |