

SECOND SEMESTER EXAMINATION
Diploma in Yoga
Paper Code: DIPYOGA0204
Paper Name: Yoga Practice 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. | Explain in detail about ten mudras (Dasha Mudras) of Hatha yoga pradipika. | 14 Marks |
| Question 2. | Write about the relation of mind and prana. Mention the six causes of failure and success in yoga. | 14 Marks |
| Question 3. | What is Nada? Write an essay on Nadanusandana from Hatha yoga pradipika. | 14 Marks |
| Question 4. | Enumerate threefold Dhyana and types of Samadhi from Gheranda samhita. | 14 Marks |
| Question 5. | Discuss the four major asanas and its benefits. | 14 Marks |
| Question 6. | Discuss the five types of praatyahara. | 14 Marks |
| Question 7. | What are the Sapta sadhanas? Explain. | 14 Marks |