

[LI 1402]

FEBRUARY 2016

Sub.Code :1402

**M.D. (YOGA & NATUROPATHY) DEGREE EXAMINATION**

**BRANCH II – (YOGA)**

**FIRST YEAR**

**PAPER I – PHILOSOPHY AND PRACTICES OF DIFFERENT  
SCHOOLS OF YOGA**

*Q.P. Code : 461402*

**Time: Three Hours**

**Maximum : 100 Marks**

**Answer All questions**

**I. Essay Questions:**

**(2 x 20 = 40)**

1. Write any Twenty Patanjali's Yogasutras each from Samadi Pada and Vibhudi Pada.
2. Evolution and History of yoga from pre vedic period to Modern era.

**II. Short Notes on:**

**(10 x 6 = 60)**

1. Thirumoolar, Swami Ramakrishna Paramahansa and Swami Sivananda's Life in Brief.
2. Factors involved in postures of Yogic exercises with example.
3. Evolution of Purusha and Prakriti including twenty five Taattwas.
4. Tantra Yoga, Mantra yoga, Keerti yoga and Laya Yoga.
5. Yogic view on the concept of Disease.
6. Pancha Dharana as per Gheranda Samhita.
7. Vasistha Samhita.
8. Sahita Kumbhaka and its types.
9. Twenty three features of mooladhara and Ajna chakras.
10. Siva Samhita's Jnana Kanda and Karma Kanda.

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[LJ 1402]

OCTOBER 2016

Sub.Code :1402

**M.D. (YOGA & NATUROPATHY) DEGREE EXAMINATION**

**BRANCH II – (YOGA)**

**FIRST YEAR**

**PAPER I – PHILOSOPHY AND PRACTICES OF DIFFERENT  
SCHOOLS OF YOGA**

*Q.P. Code : 461402*

**Time: Three Hours**

**Maximum : 100 Marks**

**Answer All questions**

**I. Essay Questions:**

**(2 x 20 = 40)**

1. History and Evolution of yoga.
2. Twelve Aphorisms of Patanjali each from Sadhanapada and Vibhudhi Pada.

**II. Short Notes on:**

**(10 x 6 = 60)**

1. Different Schools and Classifications of Yoga.
2. Maharishi Patanjali, Sage Tirumoolar and Swamy Sivananda.
3. Forms of Chitta.
4. Pancha Dharana as per Gheranda Samhita.
5. Origin of Mudra and add a note on Mudra and Prana.
6. Koshas and Stress relationship and mechanism of Stress.
7. Adikaara yoga.
8. Chhayopasanaa and draw tattwa yantras.
9. Karma Kanda and Jnana Kanda as per Siva Samhita.
10. Features of Vasistha Samhita.

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[LL 1402]

OCTOBER 2017

Sub. Code :1402

**M.D. (YOGA & NATUROPATHY) DEGREE EXAMINATION**

**BRANCH II – (YOGA)**

**FIRST YEAR**

**PAPER I – PHILOSOPHY AND PRACTICES OF DIFFERENT  
SCHOOLS OF YOGA**

*Q.P. Code : 461402*

**Time: Three Hours**

**Maximum : 100 Marks**

**Answer All questions**

**I. Essay Questions:**

**(2 x 20 = 40)**

1. Fourty yoga sutras from Samadhi pada with meanings.
2. Twenty yoga sutras each from kaivalya and samadi pada with meanings.

**II. Short Notes on:**

**(10 x 6 = 60)**

1. Basis and date of Yoga sutras.
2. Features of Vasistha Samhita.
3. Nature of mind.
4. Feautres of Swadhisthana with diagram.
5. Tattwa Sadhana and Chhayopasana.
6. Internal Dhautis as per Gheranda Samhita.
7. Vedanta theory.
8. Prana Vayus.
9. Disease as per yogic view.
10. TantraYoga.

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[LN 1402]

OCTOBER 2018

Sub. Code :1402

**M.D. (YOGA & NATUROPATHY) DEGREE EXAMINATION**

**BRANCH II – (YOGA)**

**FIRST YEAR**

**PAPER I – PHILOSOPHY AND PRACTICES OF DIFFERENT  
SCHOOLS OF YOGA**

*Q.P. Code : 461402*

**Time: Three Hours**

**Maximum : 100 Marks**

**Answer All questions**

**I. Essay Questions:**

**(2 x 20 = 40)**

1. Fourty yoga sutras from vibhooti pada with meanings.
2. History, Evolution of yoga and different philosophies and streams of yoga.

**II. Short Notes on:**

**(10 x 6 = 60)**

1. What is “Yogaschitta vritti nirodhah” and four dimensions of consciousness as per Mandukya Upanishad.
2. Write the complete meaning of “Trayamekatra samyamah” and “pramana - viparyaya – vikalpa - nidra smrtayah”
3. Definition of Samprajnata and Asamprajnata samadhi.
4. Angushtadi Shadanga – nyasa.
5. Mind and consciousness.
6. Siva Samhita’s Jnana Kanda and Karma Kanda.
7. Pancha Dharana as per Gheranda Samhita.
8. Triune Energy System.
9. Tai – Chi.
10. Vasistha Samhitha.

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[LP 1402]

OCTOBER 2019

Sub. Code :1402

**M.D. (YOGA & NATUROPATHY) DEGREE EXAMINATION**

**BRANCH II – (YOGA)**

**FIRST YEAR**

**PAPER I – PHILOSOPHY AND PRACTICES OF DIFFERENT  
SCHOOLS OF YOGA**

*Q.P. Code : 461402*

**Time: Three Hours**

**Maximum : 100 Marks**

**Answer All questions**

**I. Essay Questions:**

**(2 x 20 = 40)**

1. Patanjali's thirty four Yogasutras from Kaivalya Pada.
2. Evolution and History of yoga from pre vedic period to Modern era and different schools of yoga in detail.

**II. Short Notes on:**

**(10 x 6 = 60)**

1. Name Eight Pre-meditation asanas with alternative postures and write on vayu nishkasana.
2. Aadi and Bhrama Mudras, its Procedure and Benefits.
3. Yoga sutras related to Vritti and Iswara from Samadhi pada.
4. Swara Timetable.
5. Yoga sutras related to Niyama and Prathyahara from Sadhana pada.
6. Procedures of dry yogic enema, moola shodhana, and vyutkrama kapalbhati.
7. Write on Awareness of inner space and name the practices to be familiar before practicing awareness of inner space technique.
8. Tattwa Vichara.
9. Yoga nidra.
10. Yogic diet.

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**THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY**

**[MD(Y&N) 1021]**

**OCTOBER 2021  
(OCTOBER 2020 EXAM SESSION)**

**Sub. Code: 1402**

**M.D. (YOGA & NATUROPATHY) DEGREE EXAMINATION  
FIRST YEAR**

**BRANCH II – YOGA**

**PAPER I – PHILOSOPHY AND PRACTICES OF DIFFERENT SCHOOLS OF YOGA**

***Q.P. Code : 461402***

**Time : Three hours**

**Answer ALL Questions**

**Maximum : 100 Marks**

**I. Essay Questions:**

**(2 x 20 = 40)**

1. Write all the Patanjali's Yogasutras from Kaivalya Pada.
2. Write Fourty Aphorisms of Patanjali from Samadhipada.

**II. Short Notes on:**

**(10 x 6 = 60)**

1. Hatha Ratnavali.
2. Yogi paramahansa yogananda.
3. Six systems of indian Philosophy.
4. Yoga in Bhagawad gita.
5. PanchaDharana as per Gheranda Samhita.
6. Adikaara yoga.
7. Chhayopasanaa and draw tattwa yantras.
8. Karma Kanda and Jnana Kanda as per Siva Samhita.
9. Features of Mandukya Upanishad.
10. Functions of the Thinking principles.

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**THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY**

**[MD(Y&N) 0522]**

**MAY 2022**

**Sub. Code: 1402**

**(OCTOBER 2021 EXAM SESSION)**

**M.D. (YOGA & NATUROPATHY) DEGREE EXAMINATION**

**FIRST YEAR**

**BRANCH II – YOGA**

**PAPER I – PHILOSOPHY AND PRACTICES OF DIFFERENT SCHOOLS OF YOGA**

***Q.P. Code : 461402***

**Time : Three hours**

**Answer ALL Questions**

**Maximum : 100 Marks**

**I. Essay Questions:**

**(2 x 20 = 40)**

1. Write forty Patanjali's Yogasutras from VibhudiPada.
2. Write forty Aphorisms of Patanjali from Sadhanapada.

**II. Short Notes on:**

**(10 x 6 = 60)**

1. Advaita Vedanta.
2. Sadana pada & Kaivalya pada.
3. Jainism.
4. Mandukya Upanishad.
5. Commentary on the yoga teachings of Gheranda by Swamy Niranjanananda.
6. AngushtadiShadanga – nyasa.
7. Bhakti yoga and Laya yoga.
8. Vyadhi as per yoga.
9. Stress as per yoga.
10. Bindu Chakra.

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**THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY**

**[MD(Y&N) 0323]**

**MARCH 2023  
(OCTOBER 2022 EXAM SESSION)**

**Sub. Code: 1402**

**M.D. (YOGA & NATUROPATHY) DEGREE EXAMINATION**

**FIRST YEAR**

**BRANCH II – YOGA**

**PAPER I – PHILOSOPHY AND PRACTICES OF DIFFERENT SCHOOLS OF YOGA**

*Q.P. Code : 461402*

**Time : Three hours**

**Answer ALL Questions**

**Maximum : 100 Marks**

**I. Essay Questions:**

**(2 x 20 = 40)**

1. Conceptual understanding of Asana and salient features of meditative postures.
2. Write on Asanas from a. Egyptian culture b. Mexican culture c. Tibetan culture d. Celtic civilization e. Tai culture f. Chinese culture g. Persian & Arabic culture h. Yoga of Chinese (Kong fu movements).

**II. Short Notes on:**

**(10 x 6 = 60)**

1. Comparative presentation of Nadis in tabular form as found in various texts including Jogapradipyaka.
2. Special features of Jogapradipyaka.
3. Brief Notes on Swami Kuvalyananda.
4. Basis of classification of the names of asana.
5. Chaturtha Pranayama.
6. Psychic healing and non-touch healing.
7. Chakra Yoga Nidra.
8. Meridian effects of Vajorli Mudra.
9. Nyasa Mudras.
10. Scope and limitation of Yogic Therapy.

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**THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY**

**[MD(Y&N) 0324]**

**MARCH 2024  
(OCTOBER 2023 EXAM SESSION)**

**Sub. Code: 1402**

**M.D. (YOGA & NATUROPATHY) DEGREE EXAMINATION**

**FIRST YEAR**

**BRANCH II – YOGA**

**PAPER I – PHILOSOPHY AND PRACTICES OF DIFFERENT SCHOOLS OF YOGA**

*Q.P. Code: 461402*

**Time: Three hours**

**Answer ALL Questions**

**Maximum: 100 Marks**

**I. Essay Questions:**

**(2 x 20 = 40)**

1. Explain about meditation technique from different schools.
2. Write in detail about Swara Yoga, add a note on Pranasadhana.

**II. Short Notes on:**

**(10 x 6 = 60)**

1. Brief explanation about the Mudra, add a note on Bandha Mudra.
2. Principles and philosophy of traditional yoga techniques.
3. Write about Traditional practice of Pranayama according to Gheranda Samhita.
4. Explain Bhakti Yoga, add a note on Parabhakti, Aparah bhakti.
5. Definitions of yoga from different authors.
6. What is Samadhi according to Maharishi Patanjali?
7. Correlate the principles of Yoga and Ayurveda.
8. Astanga Yoga according to Maharshi Patanjali. Write about Samyama.
9. Explain Advaita Vedanta Philosophy.
10. Explain about evolution of Yoga.

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**THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY**

[MD(Y&N) 1125]

**NOVEMBER 2025**

**Sub. Code: 1402**

**M.D. (YOGA & NATUROPATHY) DEGREE EXAMINATION  
FIRST YEAR (For the Candidates admitted in the academic year 2024-2025)  
BRANCH II – YOGA**

**PAPER I – PHILOSOPHY AND PRACTICES OF DIFFERENT SCHOOLS OF YOGA**

*Q.P. Code: 461402*

**Time: Three hours**

**Answer ALL Questions**

**Maximum: 100 Marks**

**I. Essay Questions:**

**(2 x 20 = 40)**

1. Explain physiological benefits of Yoga Nidra with scientific evidence. Note on states on consciousness.
2. Classify Schools of Yoga and write each with details.

**II. Short Notes on:**

**(10 x 6 = 60)**

1. Relationship between Yoga, health and spirituality.
2. Kundalini Yoga. Note on chakras.
3. Samkya philosophy.
4. Dhyana. Reference from tantras.
5. Define stress. Prevention and management of stress related disorders through yoga.
6. Positive promotion of health.
7. Mudra and Brain.
8. Samadhi.
9. Contributions of Maharishi Patanjali to field on yoga.
10. Swara Yoga.

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