

**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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