

[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.
