

[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.
