

[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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OCTOBER 2016

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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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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.
