

SRI DEVARAJ URS ACADEMY OF HIGHER EDUCATION & RESEARCH
(A DEEMED TO BE UNIVERSITY)

Post Graduate Diploma in Yoga Practice (PGDYP) Semester-II

July - 2017 Examination

Time: 2.30 Hrs.

[Max. Marks: 80]

Paper – I
Integral Approach to Yoga Therapy

Q.P Code: 7112

*Your answers should be specific to the questions asked.
Draw neat labelled diagrams wherever necessary.*

SHORT ANSWERS

10 X 3 = 30 Marks

1. Brief Sankhya Yoga?
2. Brief daivi sampad and Aasuri sampad?
3. What is the meaning of the term Upanishad and what are the major Upanishads?
4. Brief about Samadhipada.
5. How does sthitaprajna behave?
6. Define Vyakta and Avyakta state of Prakruti?
7. What is Antahkarana and Bahyakarana?
8. Name the Trigunas and the type of Food for them?
9. What does Annamaya Kosha comprise of?
10. How to control the mind according to Gita?

SHORT ESSAY (Answer any Six)

6 X 5 = 30 Marks

11. Briefly explain Unity and Diversity?
12. What are the four rules of Karma Yoga according to Bhagavad Gita?
13. What are the similarities and dissimilarities of vyakta and avyakta?
14. What are the 10 commandments of Patanjali and Christ? Compare and contrast.
15. Brief Taittiriya Upanishad.
16. Write the background of Bhagavad gita?
17. What is the concept of Asana according to Bhagavad gita?
18. Give a gist of Brughuvaruni Samvada?

LONG ESSAY (Answer any Two)

2 X 10 = 20 Marks

19. Describe the layers of existence according to Taittiriya Upanishad?
20. What are the 25 entities according to Sankhya, describe with the help of Diagram?
21. How does Bhagavad gita elaborate the concept of Triguna and its application in day to day's life?

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Paper – II
Yoga Therapy in Practice
Q.P Code: 7222

Your answers should be specific to the questions asked.
Draw neat labelled diagrams wherever necessary.

SHORT ANSWERS

10 X 3 = 30 Marks

1. Causes and symptoms of CAD.
2. Role of yoga in insulin resistance.
3. Role of yogic in infertility.
4. Types of hypertension.
5. Relation between stress hormones and Insulin.
6. Mention yoga practices in anxiety neurosis?
7. Yoga as medicine.
8. Classification of back pain.
9. Asana.
10. Name the 5 niyama.

SHORT ESSAY (Answer any Six)

6 X 5 = 30 Marks

11. Writ about vamanadhouti and its role in hyperacidity.
12. Yoga therapy for menstrual disorder.
13. Yoga therapy for migraine.
14. Yoga therapy for depression.
15. What is BMI? Yogic management in obesity.
16. Yogic management for insomnia.
17. Yoga therapy for hypertension.
18. Atherosclerosis.

LONG ESSAY (Answer any Two)

2 X 10 = 20 Marks

19. Lowback pain and its yogic management.
20. Diabetes and its yogic management.
21. Role of yoga in stress management.

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