

This Question Paper consists of 24 questions and 4 Printed pages.

Code No. **71/S/ACV/614/A/E**

Roll No.

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**CERTIFICATE IN YOGA
(614)**

Serial No.

Day and Date of Examination

Signature of Invigilators 1.

2.

General Instructions :

1. Candidate must write his/her Roll Number on the first page of the Question Paper.
2. Please check the Question Paper to verify that the total pages and total number of questions contained in the Question Paper are the same as those printed on the top of the first page. Also check to see that the questions are in sequential order.
3. For the objective type of questions, you have to choose any **one** of the four alternatives given in the question i.e., (A), (B), (C) or (D) and indicate your correct answer in the Answer-Book given to you.
4. Making any identification mark in the Answer-Book or writing Roll Number anywhere other than the specified places will lead to disqualification of the candidate.
5. Answers for all questions, including matching, true or false, fill in the blanks, etc., are to be given in the answer-book only.
6. In case of any doubt or confusion in the question paper, the English Version will prevail.
7. Write your Question Paper Code No. **71/S/ACV/614/A/E** on the Answer-Book.

71/S/ACV/614/A/E]

G-4082

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CERTIFICATE IN YOGA (614)

Time allowed : 2 Hours]

[Maximum Marks : 40

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- Note :**
- i) All questions are compulsory.
 - ii) All questions in **Part - A** carry **1** mark each. Answer each question in **1** word or **1** sentence.
 - iii) All questions in **Part -B** carry **2** marks each. Answer each question in **2** to **4** sentences.
 - iv) All questions in **Part - C** carry **4** marks each. Answer each question in **100 -200** words.
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Note

- (1) Answers of all the questions are to be given in the Answer - Book given to you.
- (2) 15 minutes time has been allotted to read this question paper. The question paper will be distributed of 02:15 p.m. from 02:15 p.m. to 02:30 p.m., the students will read the Question paper only and will not write any answer on the Answer - Book during this Period.



Part - A

1. What should be done before and after the yoga practice? [1]
2. Under what circumstances should yoga practice be avoided? [1]
3. Is Yoga the heritage of any particular class or community? [1]
4. What should be done to keep both body and mind healthy? [1]
5. What is the definition of yoga according to Yogdarshan? [1]
6. What is 'Vriti'? [1]
7. What is the reason for not being able to keep equilibrium? [1]
8. Name the five elements from which the universe is created. [1]
9. What is the first 'yam'? [1]
10. What do you mean by internal purification? [1]
11. What is the role of hydrochloric acid present in the stomach? [1]
12. What is the life-span of RBC's? [1]



Part - B

13. Write the method of doing Anulome-Vilome pranayama. [2]
14. What is the basic cause of disease? [2]
15. Highlight any two powers of mind. [2]
16. What is Jal-neti? Write any two benefits of this Kriya. [2]
17. Suggest some simple ways to avoid constipation. [2]
18. Write the composition of blood. [2]
19. What is the importance of good sleep? [2]
20. What was Swami Vivekanand opinion about religion? [2]
21. According to the moral story what is the thumbrule of progress? [2]
22. What do you mean be 'Yagya'? [2]

Part - C

23. "Not doing any work is not Yoga"- Illustrate. [4]
24. Define Asana. Explain three types of asanas with examples. [4]

