

[LB 1502]

Sub. Code: 1502

FIRST YEAR B.N.Y.S. DEGREE EXAM – AUGUST 2012

Paper II- PHILOSOPHY AND PRACTICE OF YOGA

Q.P. Code: 821502

Time: 180 minutes

Maximum: 100 marks

Answer ALL questions in the same order.

I. Elaborate on:

Pages Time Marks  
(Max.)(Max.)(Max.)

- |  |    |    |    |
|--|----|----|----|
| 1. Explain in detail about “Yamas and Niyamas”?                    | 16 | 25 | 15 |
| 2. Define Pranayama. Explain in detail various types of Pranayama? | 16 | 25 | 15 |

II. Write notes on:

- |  |   |   |   |
|--|---|---|---|
| 1. Kundalini.  | 3 | 8 | 5 |
| 2. Sankhya.  | 3 | 8 | 5 |
| 3. Virabhadrasana: Variations, indications and contra-indications. | 3 | 8 | 5 |
| 4. Difference between Yogasanas and exercises.                     | 3 | 8 | 5 |
| 5. Hatha yoga.   | 3 | 8 | 5 |
| 6. Yogopanishads.  | 3 | 8 | 5 |
| 7. Yoga-the mind body connection.                                  | 3 | 8 | 5 |
| 8. Eye exercises.  | 3 | 8 | 5 |
| 9. Gajakarni: procedure, indications and contra-indications.       | 3 | 8 | 5 |
| 10. Meditation.  | 3 | 8 | 5 |

III. Short Answers on:

- |                               |   |   |   |
|-------------------------------|---|---|---|
| 1.Dharana.                    | 1 | 5 | 2 |
| 2.Laya Yoga.                  | 1 | 5 | 2 |
| 3.Buddhism.                   | 1 | 5 | 2 |
| 4.Shavasan.                   | 1 | 5 | 2 |
| 5.Trataka.                    | 1 | 5 | 2 |
| 6.Kapal bhati.                | 1 | 5 | 2 |
| 7.Benefits of doing Jalaneti. | 1 | 5 | 2 |
| 8.Simhasana.                  | 1 | 5 | 2 |
| 9.Tadasana.                   | 1 | 5 | 2 |
| 10. Vasti.                    | 1 | 5 | 2 |

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