

[LB 1512]

Sub. Code: 1512

**SECOND B.N.Y.S. DEGREE EXAM – AUGUST 2012**

**Paper – IV YOGA AND PHYSICAL CULTURE – I**

**Q.P. Code: 821512**

**Time: 180 Minutes**

**Maximum: 100 marks**

**Answer ALL questions**

**I. Elaborate on:**

1. Shakti Bandha Asanas (Energy Block Postures).
2. Tabulate twenty three features of all chakras.

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

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**II. Short notes on:**

1. Adhara Mudras.
2. Write the fourth Technique of Nadi Shodhana.
3. Jalandhara Bandha.
4. Laghu Shanka prakshalana.
5. Different Names of Nadis and Kundalini.
6. Misconceptions of Yoga.
7. Physical Fitness.
8. Yoga teaching methods.
9. Draw Vishuddhi and write its beeja mantra.
10. Draw Anahata and name the beeja mantra.

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**III. Short Answers on:**

1. Three groups of Pawanmuktasanas.
2. Why Yoga Mudra is called so?
3. What is the concept of counter pose practicing in asanas?
4. Name the powerful form of Neti and the meanings of Dugdha and Ghrita Neti.
5. Define Mitahara and name the foods which are prohibited for the yogis.
6. Vyutkrama kapalbhati.
7. Sahita Pranayama.
8. Name Ten Mudras which destroy old age and death according to Hatha Yoga Pradipika.
9. Kumbhaka according to Hatha Yoga Pradipika.
10. Name the fourth text on Hatha yoga and its author.

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