

[LB 1520]

Sub. Code: 1520

**THIRD YEAR B.N.Y.S. DEGREE EXAM – AUGUST 2012**

**Paper – V YOGA AND PHYSICAL CULTURE – II**

**Q.P. Code: 821520**

**Time: 180 minutes**

**Maximum: 100 marks**

**Answer ALL questions**

**I. Elaborate on:**

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

- |   |    |    |    |
|---|----|----|----|
| 1. How Yoga helps in Physical Education? Write in detail.               | 16 | 25 | 15 |
| 2. Explain in detail about Shat Kriyas with its Physiological Benefits. | 16 | 25 | 15 |

**II. Short notes on:**

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|--|---|---|---|
| 1.Explain Diet according to Hata Yoga.   | 3 | 8 | 5 |
| 2.Explain Chitta vikshepas? How to overcome?   | 3 | 8 | 5 |
| 3.Explain in detail about Samadhi in Hatha Yoga.   | 3 | 8 | 5 |
| 4. Explain the Physiological Effects of Asanas of Respiratory and Cardio – Vascular system.      | 3 | 8 | 5 |
| 5.Explain in detail about Shankha Prakshalana with its Benefits.                                 | 3 | 8 | 5 |
| 6. Explain in detail about the Practice and Benefits of Quick Relaxation Technique.              | 3 | 8 | 5 |
| 7. Explain in detail about Mayurasana with its Anatomical, Physiological and Yogic Benefits.     | 3 | 8 | 5 |
| 8. Explain in detail about Udiyana Bandha with its Anatomical, Physiological and Yogic Benefits. | 3 | 8 | 5 |
| 9.Explain Chakras and its Location.  | 3 | 8 | 5 |
| 10. Benefits of isotonic and isometric exercises in detail.                                      | 3 | 8 | 5 |

**III. Short Answers on:**

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|---|---|---|---|
| 1. Pancha pranas.                       | 1 | 5 | 2 |
| 2. Raga.                                | 1 | 5 | 2 |
| 3. Moola bandha.                        | 1 | 5 | 2 |
| 4. Maha mudra.                          | 1 | 5 | 2 |
| 5. Shanmuki mudra.                      | 1 | 5 | 2 |
| 6. Swara yoga.                          | 1 | 5 | 2 |
| 7. Benefits of eye exercises.           | 1 | 5 | 2 |
| 8. Kaivalya.                            | 1 | 5 | 2 |
| 9. Benefits of Nadisodhanana pranayama. | 1 | 5 | 2 |
| 10. Kundalini.                          | 1 | 5 | 2 |

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