

**FIRST B.N.Y.S. DEGREE EXAMINATION**  
**PAPER II – PHILOSOPHY AND PRACTICE OF YOGA**

*Q.P. Code : 821502*

**Time: Three Hours**

**Maximum : 100 Marks**

**I. Essay Questions:**

**(2 x 15 = 30)**

1. Explain in detail about Systematization of Yoga by Sage Patanjali.
2. What is Asana? Write the classification of Asanas. Add a note on the rules, regulations and limitations for the Practice of Asanas.

**II. Short Notes:**

**(10 x 5 = 50)**

1. Hatha Yoga.
2. Sankhya philosophy.
3. Halasana and its effects.
4. Thoracic breathing.
5. Gajakarni-Procedure, Indications and Contraindications.
6. Marjariasana
7. Pranayama and its spiritual Aspirants.
8. Anuloma – Viloma.
9. Buddhism and yoga.
10. Yoga – the mind, body Connection.

**III. Short Answers:**

**(10 x 2 = 20)**

1. Niyama.
2. Trataka.
3. Panchapranas.
4. Bakthiyoga.
5. Vrksahasana.
6. Types of Kumbhaka.
7. Chakkichalana..
8. Jalaneti and its Contraindications.
9. Define Yoga according to Swami Shivananda.
10. Difference between Swethambaras and Digambaras.

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