

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

*Q.P. Code : 821502*

**Time: Three Hours**

**Maximum : 100 Marks**

**Answer All questions**

**I. Essay Questions:**

**(2 x 15 = 30)**

1. Discuss six systems of ancient Indian Philosophy in detail.
2. Enumerate Variations of konasana. Explain its procedures and Benefits.

**II. Write Notes on:**

**(10 x 5 = 50)**

1. Karma yoga and Emotional culture.
2. Chakrasana Procedure and Benefits.
3. Procedure of Anuloma, Viloma, Prathiloma Pranayama.
4. Concepts of yoga in Upanisads.
5. Jainism and Yoga.
6. Asana Vs Exercises.
7. Definitions of Yoga.
8. Yoga – Body - Breath – Mind connection.
9. Describe the concepts of Chakras.
10. Sankhya philosophy.

**III. Short Answers on:**

**(10 x 2 = 20)**

1. Panchakoshas.
2. Bahiranga yoga.
3. Classify Asanas.
4. Nadis.
5. Components of Pranayama.
6. Simhasana.
7. Name the Upanisads.
8. Shad Darshanas.
9. How to stop citta vrittis?
10. Procedure of Gomukasana.

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