

[LI 1512]

APRIL 2016

Sub.Code :1512

SECOND B.N.Y.S. DEGREE EXAMINATION
PAPER IV – YOGA AND PHYSICAL CULTURE - I

Q.P. Code : 821512

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 15 = 30)

1. Four techniques of Nadi Shodhana Pranayama in detail and write a note on physiological and psychological effects of pranayama.
2. Write in detail on thunderbolt attitude, attitude of spontaneous arousing and attitude arousing immortality.

II. Write Notes on:

(10 x 5 = 50)

1. Utthita lolosana.
2. Gatyatmakmeru vakrasana.
3. Difference between Siddhasana, Vajrasana, Muktasana and guptasana.
4. Kechari – Procedure and Benefits.
5. Draw Vishuddhi Chakra and write its beeja mantra.
6. Vipareeta karani mudra.
7. Uddiyana Bandha.
8. Kapalshodhana – Procedure and its Benefits.
9. Advasana and Auspicious Pose.
10. Lohoo Shankaprakshalana.

III. Short Answers on:

(10 x 2 = 20)

1. Name the foods which are prohibited for the Yogis as per Hatha Yoga Pradipika?
2. Asanas meaning according to Raja Yoga and Hatha Yoga.
3. Kumbhaka according to Hatha Yoga Pradipika.
4. Other names of Kundalini.
5. Classify Hrid Dhauti.
6. Moola Shodhana.
7. Swana Pranayama and Sahita Pranayama.
8. Signs of perfection in hatha yoga.
9. Misconceptions of yoga.
10. Name eight Premeditation asanas from Pawanamuktasana series.
