

[LK 1502]

MAY 2017

Sub.Code :1502

**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. Describe in detail about Pathanjalis Astanga Yoga and write the purpose of Astanga Yoga.
2. What is Asana? Explain the rules, regulations and Limitations for the Practice of Asana. Add a note of importance of Asanas in Yogic Curriculum.

**II. Write Notes on:**

**(10 x 5 = 50)**

1. Sankhya Yoga.
2. Chest breathing.
3. Hatha Yoga and Kundalini yoga.
4. Sectional Breathing.
5. Bhujangasana.
6. Trirathnas.
7. History of yoga according to Puranas and Epics.
8. Shasankasana and its effects.
9. Anuloma – viloma.
10. Jalaneti.

**III. Short Answers on:**

**(10 x 2 = 20)**

1. Who is the Father of Modern yoga and write the three great Teachers of contemporary yoga?
2. Januchakra.
3. Indications of Naukasana.
4. Give some examples for Relaxative Asanas.
5. Define yoga according to Swami Shivananda.
6. What is Tantras?
7. Upapranas.
8. Define Bahiranaga yoga.
9. What are the Nine modes of Devotion in Bakthi yoga?
10. Difference between kunjla kriya and Gajakarani.

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