

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. Psychic physiology of yoga.
2. What are the types of Mudras and Bandhas, write their Neuro-muscular action during practice?

II. Write Notes on:

(10 x 5 = 50)

1. Pratyahatra and its type.
2. Brahmakumari meditation.
3. Shankaprakshalana.
4. Rajju karshanasana.
5. Anuloma –Viloma pranayama.
6. Yoga and religion.
7. Ajna and Mooladhara chakra.
8. Moorcha Pranayama.
9. Explain upanadis and its function.
10. Physiological effect of asanas on respiratory system.

III. Short Answers on:

(10 x 2 = 20)

1. Mantras of suryanamaskara.
2. Dharana.
3. Om meditation.
4. Kundalini yoga.
5. Hasta mudras.
6. Grantis.
7. Bindu.
8. Prarambhik sthithi.
9. Janu naman.
10. Premeditation asanas.
