

THIRD B.N.Y.S. DEGREE EXAMINATION
PAPER V – YOGA AND PHYSICAL CULTURE - II

Q.P. Code : 821520

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 15 = 30)

1. Explain in detail about Kaivalya Pada.
2. Elaborate on the physiological effects of exercises on respiratory and endocrine system.

II. Write Notes on:

(10 x 5 = 50)

1. Cyclic meditation.
2. Types of exercises.
3. Pranic currents and the breath.
4. Yoga in relation to sports and games.
5. Antaranga yoga.
6. Trataka and its physiological effects.
7. Bandhas and its benefits.
8. Panchakosha theory.
9. Pranic energising technique.
10. Ashta siddhis.

III. Short Answers on:

(10 x 2 = 20)

1. Granthis.
2. Kumbaka.
3. Shanmughi mudra.
4. Nouli.
5. Gheranda sambita.
6. Citta vrittis.
7. Functions of prana.
8. Benefits of pawanamuktasana.
9. Gajakarani.
10. Raga and dvesha.