

APRIL 2000

[KB 1412]

B.N.Y.S. DEGREE EXAMINATION.

(Old Regulations)

Second Year

Part II

Paper IV — YOGA PRACTICES AND THEIR  
EFFECTS, ASANAS PRANAYAMA SUKSHMA  
VYAYAMA MUDRAS, YAMA, NIYAMAS,  
MEDITATION

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

Section A and Section B to be written separately.

SECTION A

1. Define Asana and give their classifications. (10)
2. Explain about Mr̄tasana and its technique and effects. (10)
3. What is Mudra and explain briefly about any two types of Mudra. (10)
4. Write short notes on any FOUR : (4 × 5 = 20)
  - (a) Padmasana
  - (b) Shiva Svarodhaya
  - (c) Siddhasana
  - (d) Kundlani Shakti Vikasak
  - (e) Yamas.

SECTION B

5. What is Swar Yoga? How it is related in our life? (10)
6. What do you mean by mediation? Mention one type of it. (10)
7. Describe the process of Raja Yoga. (10)
8. Write short notes on any FOUR : (4 × 5 = 20)
  - (a) Bhramari
  - (b) Plavini
  - (c) Sambhavi
  - (d) Asvini
  - (e) Niyamas.

OCTOBER 2000

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SECTION A

1. What is pranayama? Describe Ujjayi and its effects. (10)
2. What is mudra and describe mahamudra and its benefits? (10)
3. What is sukshma, vyayama and write ten different varieties with their effects? (10)

4. Write short notes on any FOUR : (4 × 5 = 20)
  - (a) Pratyahara
  - (b) TADAGI
  - (c) Importance of Nostrils in Swar Yoga
  - (d) Surya Bhedana
  - (e) Shiva Svarodhaya.

SECTION B

5. What is the role of five elements in swar yoga? (10)
6. Describe the process of raja yoga. (10)
7. Explain all udar shakti vikasak exercise and its effects. (10)
8. Write short notes on any FOUR : (4 × 5 = 20)
  - (a) Ustrasana
  - (b) Pachimottanasana
  - (c) Dhanurasana
  - (d) Myurasana
  - (e) Matsyendrasana.