

APRIL 2001

[KD 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.

Sections A and B to be written separately.

SECTION A

1. What do you mean by Sukshma Vyayama? Explain in detail the importance of Sukshma Vyayama in Yoga. (10)
2. Explain in detail therapeutic importance of asanas. (10)
3. What do you mean by Pranayama. Explain Nadi Sodhan. (10)

4. Short Note : (5 × 4 = 20)
  - (a) Bhastrika
  - (b) Udhar Shakti vikasak
  - (c) Kati Shakti Vikasak
  - (d) Dhayana
  - (e) Swar Yoga.

SECTION B

5. Describe the importance of yogic practices in our day to day life. (10)
6. What do you mean by asana? Explain in detail classification and indication and contra indication. (10)
7. What are the fundamental of yoga for yoga therapy explain in detail. (10)
8. Short note : (5 × 4 = 20)
  - (a) Sarvangasana
  - (b) Kartal Shakti Vikasak
  - (c) Anulom-Vilom
  - (d) Dhanurasana
  - (e) Bhastrika.

NOVEMBER 2001

[KE 1412]

B.N.Y.S. DEGREE EXAMINATION.

Second Year

Part II

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

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

Section A and B to be written separately.

SECTION A

1. What is Meditation? Explain its influence on health and diseases. Add a note on research studies in meditation. (10)
2. What is Pranayama? Explain eight Kumbhakas according to Hata Yoga. (10)
3. Describe ten principle mudras according to Gheranda Samhita. (10)
4. Write a short note on : (5 × 4 = 20)
  - (a) Cyclic meditation.
  - (b) Symptoms of Pranayama.
  - (c) Yogic Diet.
  - (d) Janga Shakthi Vikasana.
  - (e) Moola Bandha.

SECTION B

5. Describe in detail therapeutic importance of Asanas. (10)
6. Classify Kriyas. Explain in detail about Kaphalabati with its therapeutic application. (10)
7. What are the basis of Yoga for therapy? Explain. (10)
8. Write a short note on : (5 × 4 = 20)
  - (a) Jalandhara Bandha.
  - (b) Kumbaka according to Raja Yoga.
  - (c) Yamas.
  - (d) Padmasana.
  - (e) Dhauti.

MARCH 2002

[KG 1412]

B.N.Y.S. DEGREE EXAMINATION.

Second Year

Part II

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

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

Section A and B to be written separately.

SECTION A

1. What is Meditation? Describe its Methods. (10)
2. What is Sukshma Vyayama? Write its role in treating various diseases. (10)
3. What is Asana? Explain in detail about importance precautions, indication, contra indication for the practice of Asanas. (10)
4. Short notes on : (5 × 4 = 20)
  - (a) Sidhasana.
  - (b) Surya Bhedana.
  - (c) Kevala Kumbaka.
  - (d) Mahaveda.
  - (e) Prathyahara.

SECTION B

5. Explain in detail about Shatkarmas. (10)
6. Describe in detail about Yamas and Niyamas. (10)
7. Explain in detail about Yukthas and Ayukthas of Pranayama. (10)
8. Short notes on : (5 × 4 = 20)
  - (a) Kapola Shakthi Vikasana.
  - (b) Jalandhara Bandha.
  - (c) Bhramari.
  - (d) Swar Yoga.
  - (e) Jangha Shakti Vikasana.

SEPTEMBER 2002

[KH 1412]

Sub. Code : 1412

B.N.Y.S. DEGREE EXAMINATION.

(Old Regulations)

Second Year

Part II

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

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

Sections A and B to be written separately.

SECTION A

1. What are Sukshma Vyama? Explain in detail the benefits and therapeutic importance of sukshma vyama in yoga. (10)
2. What is yoga? What are the rules and regulations and limitations for the practice of yoga. (10)
3. Define pranayama. Explain the therapeutic importance of pranayama. (10)

4. Short note : (5 × 4 = 20)
  - (a) Sitkari
  - (b) Swar yoga
  - (c) Chin mudra
  - (d) Ahimsa (Non-violence)
  - (e) Sarvangasana – benefits.

SECTION B

5. What are Astanga yoga? Explain in detail about yama, Niyamas. (10)
6. What do you mean by Asanas? Give a detailed description of classification. Indication and contra indication of various asana. (10)
7. Explain in detail about meditation and the therapeutic importance of meditation. (10)
8. Short note : (5 × 4 = 20)
  - (a) Bhujangasana
  - (b) Tribandha
  - (c) Bhastrika
  - (d) Kati shakti vikasak
  - (e) Concentration (Dharana).

**AUGUST 2003**

**[KI 1412]**

**Sub. Code : 1412**

**B.N.Y.S. DEGREE EXAMINATION.**

**Second Year**

**Part II**

**Paper IV — YOGA PRACTICES AND THEIR  
EFFECTS, ASANAS, PRANAYAMA, SUKSHMA  
VYAMA, MUDRAS, YAMAS, NIYAMAS,  
MEDITATION**

**Time : Three hours**

**Maximum : 100 marks**

**Answer ALL questions.**

**Answer Sections A and B in the SAME Answer Book.**

**SECTION A**

1. What do you mean by meditation? Describe the different methods and benefits. (10)
2. What are yogic Sukshma Vyama? Give their therapeutic importance. (10)
3. Define Asana. Enumerate different asanas, their classification, precautions, indications, contra-indications for the practice of asanas. (10)

4. Short notes on : (5 × 4 = 20)
  - (a) Sirshasana
  - (b) Chandra bedhana
  - (c) Antara Kumbhaka
  - (d) Maha bandha
  - (e) Pratyahara.

**SECTION B**

5. What is Astanga Yoga? Describe in detail about Yamas and Niyamas. (10)
6. What are Shat Karma? Explain their therapeutic importance. (10)
7. Define Pranayama and give a detailed account of precautions, rules and regulations for practice of pranayama. (10)
8. Short notes on : (5 × 4 = 20)
  - (a) Ardha Titaliasana
  - (b) Uddiyana Bandha
  - (c) Kapalabhati
  - (d) Swaryoga
  - (e) Vipassana meditation.

OCTOBER 2003

[KJ 1412]

Sub. Code : 1412

B.N.Y.S. DEGREE EXAMINATION.

Second Year

Part II

Paper IV — YOGA PRACTICES AND THEIR  
EFFECTS, ASANAS, PRANAYAMA, SUKSHMA  
VYAMA, MUDRAS, YAMAS, NIYAMAS,  
MEDITATION

Time : Three hours                      Maximum : 100 marks

Two hours and forty minutes    Sec. A & Sec. B : 80 marks  
for Sec. A and Sec. B                      Section C : 20 marks

Twenty minutes for Section C

Answer ALL questions.

Answer Sections A and B in the **SAME** Answer Book.

Answer Section C in the **SEPARATE** Answer Book.

SECTION A — (2 × 15 = 30 marks)

1. Explain in detail about the different types of concentration and meditation.
2. Elaborate on different types of Bandras and their effects on human body.

SECTION B — (10 × 5 = 50 marks)

Write short notes on :

3. Marjariasana — Technique and effects.
4. Uddiyana Bandha.
5. Agnisara kriya — technique and benefits.
6. Kapalabhati.
7. Bhoochali Mudra.
8. Tapas.
9. Meru akarshanasana.
10. Surya bedha Pranayama.
11. Asana, Pranayama for Varicose veins.
12. Eye Exercises.

[KK 1412] **APRIL 2004** Sub. Code : 1412

B.N.Y.S. DEGREE EXAMINATION.

Second Year

Part II

Paper IV — YOGA PRACTICES AND THEIR  
EFFECTS, ASANAS, PRANAYAMA, SUKSHMA  
VYAMA, MUDRAS, YAMAS, NIYAMAS,  
MEDITATION

Time : Three hours Maximum : 100 marks  
Sec. A & B : Two hours and Sec. A & B : 80 marks  
forty minutes

M.C.Q. : Twenty minutes M.C.Q. : 20 marks

Answer ALL questions.

Answer Section A and Section B in the **SAME**  
answer book.

**SECTION A**

Long essay : (2 × 15 = 30)

1. (a) What is Meditation? Explain in detail about the methods and effect of meditation. (10)
- (b) Transcendental meditation. (5)
2. (a) Explain in detail about 8 kumbakas according to Hata Yoga Puadipika. (10)
- (b) Inana mudra. (5)

**SECTION B**

Short notes : (10 × 5 = 50)

3. Griva shakti Vikasana.
4. Murccha
5. Paschi Motanasana.
6. Prathyahare.
7. Kati Shakti Vikasane.
8. Mahana Bardha and Mahamudra.
9. Dhauti.
10. Therapeutic effect of Sukshma Vyatama.
11. Sursasana.
12. Bhastrika.

**AUGUST 2004**

**[KL 1412]**

**Sub. Code : 1412**

**SECTION B**

**(10 × 5 = 50)**

**B.N.Y.S. DEGREE EXAMINATION.**

**Second Year**

**Part II**

**Paper IV — YOGA PRACTICES AND THEIR  
EFFECTS, ASANAS, PRANAYAMA, SUKSHMA  
VYAMA, MUDRAS, YAMAS, NIYAMAS,  
MEDITATION**

**Time : Three hours Maximum : 100 marks**

**Sec. A & B : Two hours and Sec. A & B : 80 marks**

**forty minutes**

**M.C.Q. : Twenty minutes M.C.Q. : 20 marks**

**Answer ALL questions.**

**Answer Sections A and B in SAME Answer Book.**

**SECTION A**

**(2 × 15 = 30)**

**1. (a) Write a short essay on yoga practices and  
their effects. (10)**

**(b) Explain the therapeutic importance of yogic  
postures. (5)**

**2. What do you mean by Sukshma Vyayam explain  
vaksha sthal shakti vikasak.**

**Short notes :**

- 3. Shirohasana.**
- 4. Megha Shakti Vikasak.**
- 5. Bhujbanda Shakti Vikasak.**
- 6. Ardh matryendrasana.**
- 7. Greebha Shakti Vikasak.**
- 8. Kundalini.**
- 9. Udhur Shakti Vikasak.**
- 10. Meditation.**
- 11. Sukshma Vyayam.**
- 12. Veerasana.**



FEBRUARY 2005

[KM 1412]

Sub. Code : 1412

B.N.Y.S. DEGREE EXAMINATION.

Second Year

Part II

Paper IV — YOGA PRACTICES AND THEIR  
EFFECTS, ASANAS, PRANAYAMA, SUKSHMA,  
VYAMA, MUDRAS, YAMAS, NIYAMAS,  
MEDITATION

Time : Three hours

Maximum : 100 marks

Sec. A & B : Two hours and  
forty minutes

Sec. A & B : 80 marks

M.C.Q. : Twenty minutes

M.C.Q. : 20 marks

Answer ALL questions.

Answer Sections A and B in the **SAME** Answer Book.

SECTION A — (2 × 15 = 30 marks)

Essay Questions :

1. Elaborate on different types of cleansing procedures.
2. Explain in detail about Yamas and Niyamas.

SECTION B — (10 × 5 = 50 marks)

Short notes :

3. Janu Sirshasana — Procedures and benefits.
4. Nadisodhana Pranayama.
5. Importance of Sukshma Vyayama.
6. Cyclic meditation.
7. Matsyasana.
8. Physiological effects of Mulabandha.
9. Astheya.
10. Shambhavi mudra.
11. Raja Yoga.
12. Asana, Pranayama for Hypotension.

**AUGUST 2005**

**[KN 1412]**

**Sub. Code : 1412**

**B.N.Y.S. DEGREE EXAMINATION.**

**Second Year**

**Part II**

**Paper IV — YOGA PRACTICES AND THEIR  
EFFECTS, ASANAS, PRANAYAMA, SUKSHMA,  
VYAMA, MUDRAS, YAMAS, NIYAMAS,  
MEDITATION**

**Time : Three hours                      Maximum : 100 marks**

**Theory : Two hours and                      Theory : 80 marks  
forty minutes**

**M.C.Q. : Twenty minutes                      M.C.Q. : 20 marks**

**Answer ALL questions**

**I Long Essays :    (2 × 15 = 30)**

**1. Explain the technique and benefits of any five types of pranayam according to Hatha yoga.**

**2. What is Meditation? Write about Scientific evaluation of different types of meditation. Add a note on cyclic meditation.**

**II Short notes :    (10 × 5 = 50)**

**1. Simhasana and its benefits**

**2. Yamas**

- 3. Transidental Meditation**
- 4. Concentration (Dharana)**
- 5. Sheetali**
- 6. Saravangasana and its physiological benefits**
- 7. Uddiyana bandha**
- 8. Murccha**
- 9. Kumbaka**
- 10. Shambhavi Mudra.**

FEBRUARY 2006

[KO 1412]

Sub. Code : 1412

B.N.Y.S. DEGREE EXAMINATION.

Second Year

Part II

Paper IV — YOGA PRACTICES AND THEIR  
EFFECTS, ASANAS, PRANAYAMA, SUKSHMA,  
VYAMA, MUDRAS, YAMAS, NIYAMAS,  
MEDITATION

Time : Three hours

Maximum : 100 marks

Theory : Two hours and  
forty minutes

Theory : 80 marks

M.C.Q. : Twenty minutes

M.C.Q. : 20 marks

Answer ALL questions.

I. Long Essay : (2 × 15 = 30)

1. Explain in detail about Sukshma Vyayama and  
their effects. (5 + 5 + 5)

2. Discuss in detail about Yamas, Niyamas  
prathyahara. (5 + 5 + 5)

II. Short notes : (10 × 5 = 50)

1. Sirsasana – Technique and Effects
2. Vipassana meditation
3. Bhastrika
4. Neti
5. Science of Svaras
6. Mahamudra
7. Kumbakas
8. Nauli
9. Sheethkari
10. Swastikasana – technique and effects.

**AUGUST 2006**

**[KP 1412]**

**Sub. Code : 1412**

**B.N.Y.S. DEGREE EXAMINATION.**

**Second Year**

**Part II**

**Paper IV — YOGA PRACTICES AND THEIR  
EFFECTS, ASANAS, PRANAYAMA, SUKSHMA,  
VYAMA, MUDRAS, YAMAS, NIYAMAS,  
MEDITATION**

**(Old Regulations)**

**Time : Three hours                      Maximum : 100 marks**

**Theory : Two hours and                      Theory : 80 marks  
forty minutes**

**M.C.Q. : Twenty minutes                      M.C.Q. : 20 marks**

**Answer ALL questions.**

**I. Long Essays**

**1. (a) What do you mean by Sukshma Vyayama  
and name the yogis who developed?**

**(b) Write on any three sukshma vyayama.  
(5 + 15 = 20)**

**2. (a) Various definitions and aspects of  
Pranayama.**

**(b) Draw pranic body and add a note on that.**

**(c) Write five Koshas and upapranas.  
(3 + 4 + 4 + 4 = 15)**

**3. Explain the technique and benefits of any five  
types of pranayam according to Hatha yoga. (15)**

**II. Short answer. (6 × 5 = 30)**

**(1) Matsya Kridasana.**

**(2) Cat stretch pose.**

**(3) Various definitions of meditation.**

**(4) Transcendental and vipasana meditation.**

**(5) Physiological effect of any five Asanas.**

**(6) Tabulate the five group of Mudras.**

**FEBRUARY 2007**  
**[KQ 1412]** **Sub. Code : 1412**

**B.N.Y.S. DEGREE EXAMINATION.**

**Second Year**

**Part II**

**Paper IV – YOGA PRACTICES AND THEIR EFFECTS,  
ASANAS, PRANAYAMA, SUKSHMA, VYAMA,  
MUDRAS, YAMAS, NIYAMAS, MEDITATION**

**(Old Regulations)**

**Time : Three hours** **Maximum : 100 marks**

**Theory : Two hours and** **Theory : 80 marks**  
**forty minutes**

**M.C.Q. : Twenty minutes** **M.C.Q. : 20 marks**

**I. Long Essay :**

1. Mention about different types of pranayama practices according to hatha yoga. Write a note on physiological effects of right nostril breathing. (20)

2. Mention about different types of cleansing procedures and add a note on physiological effects of Kapalabhati. (15)

3. Discuss in detail about Niyamas, Viparita Karani Mudra importance and benefits of Sukshma Vyayama. (5 + 5 + 5 = 15)

**II. Short notes : (6 × 5 = 30)**

1. Physiological effects of cyclic meditation.
  2. Mahabandha – procedure and benefits.
  3. Dhauti.
  4. Ujjayi.
  5. Khechari Mudra.
  6. Shavasana and its physiological effects.
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**AUGUST 2007**

**[KR 1412]**

**Sub. Code : 1412**

**B.N.Y.S. DEGREE EXAMINATION.**

**Second Year**

**Part II**

**Paper IV — YOGA PRACTICES AND THEIR  
EFFECTS, ASANAS, PRANAYAMA, SUKSHMA,  
VYAMA, MUDRAS, YAMAS, NIYAMAS,  
MEDITATION**

**(Old Regulations)**

**Time : Three hours**

**Maximum : 100 marks**

**Theory : Two hours and  
forty minutes**

**Theory : 80 marks**

**M.C.Q. : Twenty minutes**

**M.C.Q. : 20 marks**

**I. Long Essays :**

**(2 × 15 = 30)**

**1. Define āsana according to Hathayoga. Explain the method and benefits of any five āsanās according to Hathayoga.**

**2. Define Meditation according to Rajayoga, write in brief about scientific evaluation of different types of meditation. Add a note on transcendental meditation.**

**II. Short notes :**

**(10 × 5 = 50)**

- 1. Matsyendrasana and its benefits.**
  - 2. Niyamas.**
  - 3. Preparation for Pranayama.**
  - 4. Nadi'suddhi .**
  - 5. Brahmari.**
  - 6. Mulabandha.**
  - 7. Viparita Karani**
  - 8. Kumbhaka**
  - 9. Pathya**
  - 10. Mahamudra.**
-