

**AUGUST 2007**

**[KR 1520]**

**Sub. Code : 1520**

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

**(New Regulations)**

**Third Year**

**Paper I — YOGA AND PHYSICAL CULTURE — II**

**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**

**Draw diagrams wherever necessary.**

**Answer ALL questions.**

**I. Long Essay : (2 × 15 = 30)**

**1. Bring out the difference between sports physiology and yoga physiology. (15)**

**2. What are aṣṭakumbhakas? Explain briefly about each. (15)**

**II. Write short notes on : (10 × 5 = 50)**

- 1. Dristis.**
- 2. Physiological effects of kriyas.**
- 3. Aṣṭa siddhis.**
- 4. Physiological effects of exercise on muscles and joints.**
- 5. Swarna yoga.**
- 6. Importance of stretching.**
- 7. Chitta vritti**
- 8. Samadhi**
- 9. Samapatti**
- 10. Kaivalya according to Maharshi Pathanjali.**

FEBRUARY 2008

[KS 1520]

Sub. Code : 1520

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

Third Year

Paper I — YOGA AND PHYSICAL CULTURE – II

Q.P. Code : 821520

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

Draw diagrams wherever necessary.

Answer ALL questions.

I. Long Essay :

(2 × 15 = 30)

1. Define Shatkarma? Explain in detail about Dhauti and Nauli?

2. Explain in detail about psychic physiology of yoga.

II. Short notes :

(10 × 5 = 50)

1. Benefits of Swara Yoga.

2. The effects of yoga in sports.

3. Eye Exercise – Explain methods.

4. Samadhi – According to patanjali yoga sutras.

5. Physiological effects of Exercise on Cardio Vascular System.

6. Bhastrika pranayama.

7. Write on pranic body.

8. Vipareeta Karani Asana.

9. Bandhas.

10. Benefits of Sirsasana.

August 2008

[KT 1520]

Sub. Code : 1520

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

Third Year

Paper I — YOGA AND PHYSICAL CULTURE – II

Q.P. Code : 821520

Time : Three hours

Maximum : 100 marks

Draw diagrams wherever necessary.

- I. Long Essay : (2 × 15 = 30)
1. Define Kundrlini Yoga. How to raise it? What are the benefits of Kundalini Yoga?
  2. What are the types of pranayama? Explain in detail.
- II. Short notes : (10 × 5 = 50)
1. Explain three types of pain of Tapa.
  2. What are all the mudras treating for woman disorders?

## August 2008

3. Explain about shat karmas.
  4. Explain about Ajna chakra with diagram.
  5. Compare the Nadis and Nervous system.
  6. Explain the use of Yoga for sports person.
  7. Write five Yoga sutras with meaning from samadhi pada.
  8. Define Swara Yoga. Write about its medicinal use.
  9. Difference between Yoga and Physical Exercise.
  10. Explain Maha Bheds Mudra and Hridaya, Mudra.
- III. Write short answers : (10 × 2 = 20)
1. Hatha yoga.
  2. Bhasti.
  3. Name four Asanas related to Animal posture.
  4. Jalandhra Bandhs.
  5. Vajroli Mudra.
  6. Samadhi.
  7. Hiranyagarbha.
  8. Dasa Vayu.
  9. Five Koshas.
  10. Isometric and Isotonic.
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FEBRUARY - 2009

[KU 1520]

Sub. Code : 1520

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

Third Year

Paper V — YOGA AND PHYSICAL CULTURE — II

Q.P. Code : 821520

Time : Three hours

Maximum : 100 marks

Draw diagrams wherever necessary.

- I. Long Essay : (2 × 15 = 30)
1. Write in detail about Sadana Pada.
  2. Physiological aspects of Asanas.
- II. Short notes : (10 × 5 = 50)
1. Classify Nadies according to Hatha Yoga.
  2. Eye exercises and its benefits.
  3. Functions of Vayu.

FEBRUARY - 2009

4. Nadishodhana Pranayama.
  5. Define and classify mudras.
  6. Dhanurasana.
  7. Meditative Asanas.
  8. Lumbar stretching exercises.
  9. Pranayama and Spiritual Aspirant.
  10. Samyama.
7. Turiya State.
  8. Define Asanas according to patanjali.
  9. What are Niyamas according to patanjali
  10. Sambhavi Mudra.
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III. Short answers : (10 × 2 = 20)

1. Classify Pranayama According to Swatmarama.
2. Define and classify Astanga Yoga.
3. Antar Trataka.
4. Vamana Nauli.
5. Gnana mudra.
6. Uses of Brahmari Pranayama

August - 2009

[KV 1520]

Sub. Code : 1520

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

Third Year

Paper V — YOGA AND PHYSICAL CULTURE – II

Q.P. Code : 821520

Time : Three hours

Maximum : 100 marks

(Draw diagrams wherever necessary)

- I. Long Essay : (2 × 15 = 30)
1. Explain Shat Kriyas in detail.
  2. Chakras - Elements and its characteristics.
- II. Short notes : (10 × 5 = 50)
1. Jalabasti.
  2. Yoga Nidra.
  3. Sukshmana Nadi.
  4. Isotonic and Isometric Exercises.
  5. Pranic currents and the breath.

6. Rules and Regulations for Yogasana.

7. Satvic diet.

8. Yoga in relation to sports and games.

9. Benefits of moving kundalini.

10. Samadhi.

III. Write short answer : (10 × 2 = 20)

1. Asanas in Sankha Prakshalana.

2. Koshas.

3. Define Pranayama according to Patanjali.

4. Bastrika Pranayama.

5. Name Bandas according to Gharenda Samhita.

6. Define Hatha Yoga.

7. Types of Nauli.

8. Name Yama's.

9. What is Kriya yoga according to Patanjali?

10. Uses of Bhujangasana.

February 2010

[KW 1520]

Sub. Code: 1520

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

**(New Regulations)**

**Third Year**

**Paper V – YOGA AND PHYSICAL CULTURE - II**

*Q.P. Code : 821520*

**Time : Three hours**

**Maximum : 100 marks**

**Answer ALL questions.**

**I. Long Essay:**

**(2 x 15 = 30)**

1. Write and explain ten patanjali yoga sutras from Samadhi pada.
2. Define Nauli. Explain in detail about procedure, indication and contra indication.

**II. Short Notes:**

**(10 x 5 = 50)**

1. Cycling.
2. Physiological effects of exercise on CVS and respiratory system.
3. Joint movements.
4. The Principles of Hatha yoga.
5. Eye exercises.
6. Sarvangasana and its physiological effects.
7. Kapalbhathi.
8. Uddiyana Bandha.
9. General use of Running and Walking.
10. Maha Mudra.

**III. Short Answers:**

**(10 x 2 = 20)**

1. Kaivalya pada.
  2. Gharenda Samhita.
  3. Sushmana.
  4. Vatsara Dhauti.
  5. Kumbhaka.
  6. Ashwini Mudra.
  7. Hamstring.
  8. Swara yoga.
  9. Agnisar.
  10. Prana.
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August 2010

[KX 1520]

Sub. Code: 1520

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

**(New Regulations)**

**Third Year**

**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. Write in detail about any five sutras in Sadhana Pada.
2. Explain in detail about Bandhas and Mudtras according to Hatha Yoga pradipika.

**II. Short Notes:**

**(10 x 5 = 50)**

1. Kumbakas according to Patanjali.
2. Lagushankhaprakshalana.
3. Pancha Pranas.
4. Dwikonasana – Procedure, Indication and Contraindication.
5. Shanmukhi Mudra.
6. Puranamatsyendra – Procedure, Indication and Contraindication.
7. Yoga Mudra.
8. Difference between Yogasanas and Physical exercise.
9. Sutra neti.
10. Yoga in Political Life.

**III. Short Answers:**

**(10 x 2 = 20)**

1. Hatha Yoga.
  2. Define Chakra.
  3. Pratyahara.
  4. Nauli.
  5. Bandha - Types.
  6. Pancha Koshas.
  7. Sarvangasana – Benefits.
  8. Gajakarani.
  9. Vipasana Meditaton.
  10. Define Yoga Nidra.
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**February 2011**

**[KY 1520]**

**Sub. Code : 1520**

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

(New Regulations)

Third Year

**Paper V — YOGA AND PHYSICAL CULTURE – II**

**Q.P. Code : 821520**

Time : Three hours

Maximum : 100 marks

(Draw diagrams wherever necessary)

- I. Long Essay: (2 × 15 = 30)
1. Write and explain five patanjali Yoga sutras from Samadhi pada.
  2. Basti – Explain in detail about procedures, indication and contra indication.
- II. Short notes: (10 × 5 = 50)
1. Physiological effects of exercise on CVS and Respiratory system.
  2. Walking and cycling.
  3. Principles of Ashtanga Yoga.
  4. Trataka.
  5. Ashtanga yoga – Principles.
  6. Viparitakarani and its physiological effects.
  7. Bhastrika.
  8. Moola Bandha.
  9. Shanmughi Mudra.
  10. Hanumansan – Procedure, Indication and contra-indication.

III. Short answers:

(10 × 2 = 20)

1. Samadhi Pada.
  2. Ida and Pingala.
  3. Jalaneti.
  4. Keval kumbaka.
  5. Prana mudra.
  6. Swara yoga.
  7. Ghrenda samhita.
  8. Uddiyana.
  9. Calf muscle – stretching.
  10. Kapalbhatai.
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August 2011

[KZ 1520]

Sub. Code: 1520

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

**Third Year**

**Paper V – YOGA AND PHYSICAL CULTURE – II**

*Q.P. Code : 821520*

**Time : Three hours**

**Maximum : 100 marks**

**Answer ALL questions.**

**I. Essay questions:**

**(2X15=30)**

1. Explain briefly about the following Bandhas and Mudras according to Ghrenda Samhitha. (i) Uddiyana Bandha (ii) Moola Bandha (iii) Maha Bandha (iv) Sambhavi mudra (v) Ashwini mudra.
2. Define Chakra and describe all the major Chakras in detail.

**II. Short Notes:**

**(10X5=50)**

1. Jalaneti.
2. Yogic breathing.
3. Pancha vrittis.
4. Samyama.
5. Samprajnata Samadhi.
6. Eye exercises.
7. Pavana muktasana.
8. Ujjayi pranayama.
9. Vastra Dhauthi.
10. Dhrishtis-types and benefits.

**III. Short Answer:**

**(10X2=20)**

1. Granthi.
2. Swara yoga.
3. Ashtanga yoga.
4. Chin mudhra – Benefits.
5. Kriya yoga.
6. Kapala Bhathi – Contra Indications.
7. Nadis.
8. Asana according to Patanjali.
9. Atha Yoganushasanam – meaning.
10. Basti – Contra Indications.

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February 2012

[LA 1520]

Sub. Code: 1520

B.N.Y.S. DEGREE EXAMINATION.

Third Year

Paper V- YOGA AND PHYSICAL CULTURE-II

*Q.P. CODE: 821520*

**Time: Three Hours**

**Maximum: 100 marks**

**Answer ALL questions**

**I. Elaborate on:**

**(2x15=30)**

1. Explain the nature of 'Ashta Siddhis'.
2. Explain the salient features of 'Hatha Yoga Pradipika'.

**II. Write notes on:**

**(10x5=50)**

1. Yoga nidra.
2. Shankha Prakshalana.
3. Personality development and yoga.
4. SMET.
5. Vipassana meditation.
6. Gheranda samhita.
7. Physiological effects of asanas on muscles.
8. Pingala, Ida and Sushumna.
9. Yoga in relation to sports.
10. Yama, Niyamas and ethical living.

**III. Short Answers:**

**(10x2=20)**

1. Sutraneti.
2. Abdominal exercises.
3. Swara Yoga.
4. Panchakosha theory.
5. Isotonic exercises.
6. Pavanmuktasana: variations, indications and contra-indications.
7. Plavani.
8. Lung Capacity.
9. Eye exercises.
10. DRT(Dep Relaxation Technique).

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[LB 1520]

Sub. Code: 1520

**THIRD YEAR B.N.Y.S. DEGREE EXAM – AUGUST 2012**

**Paper – V YOGA AND PHYSICAL CULTURE – II**

**Q.P. Code: 821520**

**Time: 180 minutes**

**Maximum: 100 marks**

**Answer ALL questions**

**I. Elaborate on:**

**Pages Time Marks  
(Max.)(Max.)(Max.)**

- |   |    |    |    |
|---|----|----|----|
| 1. How Yoga helps in Physical Education? Write in detail.               | 16 | 25 | 15 |
| 2. Explain in detail about Shat Kriyas with its Physiological Benefits. | 16 | 25 | 15 |

**II. Short notes on:**

- |  |   |   |   |
|--|---|---|---|
| 1.Explain Diet according to Hata Yoga.   | 3 | 8 | 5 |
| 2.Explain Chitta vikshepas? How to overcome?   | 3 | 8 | 5 |
| 3.Explain in detail about Samadhi in Hatha Yoga.   | 3 | 8 | 5 |
| 4. Explain the Physiological Effects of Asanas of Respiratory and Cardio – Vascular system.      | 3 | 8 | 5 |
| 5.Explain in detail about Shankha Prakshalana with its Benefits.                                 | 3 | 8 | 5 |
| 6. Explain in detail about the Practice and Benefits of Quick Relaxation Technique.              | 3 | 8 | 5 |
| 7. Explain in detail about Mayurasana with its Anatomical, Physiological and Yogic Benefits.     | 3 | 8 | 5 |
| 8. Explain in detail about Udiyana Bandha with its Anatomical, Physiological and Yogic Benefits. | 3 | 8 | 5 |
| 9.Explain Chakras and its Location.  | 3 | 8 | 5 |
| 10. Benefits of isotonic and isometric exercises in detail.                                      | 3 | 8 | 5 |

**III. Short Answers on:**

- |   |   |   |   |
|---|---|---|---|
| 1. Pancha pranas.                       | 1 | 5 | 2 |
| 2. Raga.                                | 1 | 5 | 2 |
| 3. Moola bandha.                        | 1 | 5 | 2 |
| 4. Maha mudra.                          | 1 | 5 | 2 |
| 5. Shanmuki mudra.                      | 1 | 5 | 2 |
| 6. Swara yoga.                          | 1 | 5 | 2 |
| 7. Benefits of eye exercises.           | 1 | 5 | 2 |
| 8. Kaivalya.                            | 1 | 5 | 2 |
| 9. Benefits of Nadisodhanana pranayama. | 1 | 5 | 2 |
| 10. Kundalini.                          | 1 | 5 | 2 |

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LC 1520

Sub. Code. 1520

THIRD YEAR B.N.Y.S DEGREE EXAM - FEBRUARY 2013

PAPER – V-YOGA & PHYSICAL CULTURE – II

Q.P. Code : 821520

Time: 3 hours:

Maximum: 100 Marks

ANSWER ALL QUESTIONS

**I.Essay Questions:**

**(2x15=30)**

1. Explain the Vyadhis, its effects and control through yoga
2. Explain the Kriya In Gheranda Samhita and its benefits

**II.Short Notes:**

**(10x5=50)**

1. Mulabandha its benefits
2. Asthang Yoga its benefits
3. Tadasana its psycholological benefits
4. Trataka its Phusiological benefits
5. OM Medication its benefits
6. Mahabandha Mudra its benefits
7. Vaman Dhauti its effect
8. Dhanurasana its effect
9. Swar yoga and benefits
10. Pranayama and its types

**III.Short Answers:**

**(10x2=20)**

1. Anuloma – Veloma
2. Kaplabhati
3. Sirsasna
4. Neti
5. Pratiyahara
6. Niyamas
7. Functional Modification of Mind
8. Citta
9. Raga
10. Abhinivesa

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**LD 1520**

**Sub. Code. 1520**

**THIRD YEAR B.N.Y.S DEGREE EXAM - AUGUST 2013**

**PAPER – V-YOGA & PHYSICAL CULTURE – II**

**Q.P. Code : 821520**

**Time: Three hours**

**Maximum: 100 Marks**

**ANSWER ALL QUESTIONS**

**I.Essay Questions:**

**(2x15=30)**

1. Explain the Hatha Yoga according to Hathayogapradipika and its futile and successful practice
2. Explain the Swar Yoga: Practice and its benefits.

**II.Short Notes:**

**(10x5=50)**

1. Explain the Function Modifications of mind
2. Antarang yoga
3. Vakra Asnasa its physiological effects
4. Jalandhara Bandha its physiological effects
5. Neti and its physiological effects
6. Kapalabhati its physiological effects
7. Dhyana and its way of practice
8. Anahat Chakra and its location and powers
9. How Physical culture can be obtained through yoga?
10. Techniques and types of Eye Exercise

**III.Short Answers:**

**(10x2=20)**

1. Cyclic Medication
2. Practice to control functional modifications of mind
3. Raga
4. Pranava
5. Kundalini
6. Svadhyay
7. Pranayama
8. Yamas
9. Tapah
10. Isotonic and isometric

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**THIRD YEAR B.N.Y.S. DEGREE EXAM**  
**PAPER V – YOGA & PHYSICAL CULTURE-II**  
**Q.P. Code : 821520**

**Time: Three hours**

**Maximum : 100 Marks**

**Answer All questions**

**I. Essays Questions: (2 X 15 = 30)**

1. Write fifteen sutras from Kaivalya pada
2. a) Tabulate the Classification and types of cleansing procedures in yoga (7)  
b) Explain Types of Kapalabhati (8).

**II. Short Notes: (10 x 5 = 50)**

1. Write five sutras of sadhana padas
2. Stretch Reflex
3. Basic techniques of stretching
4. Relaxing stretches for back
5. List of obstacles to yogic practices as per Patanjali
6. Draw swadhisthana and name its tattwa
7. Write the twenty two names of nadis
8. Write on Swara Yoga
9. Dimensions of mind and four stages of mind
10. Explain physiological effect pranayama on autonomic nervous system

**III. Short Answers: (10 x 2 = 20)**

1. Name the two classification of karma?
2. What is the planet of air?
3. Eight Kumbhaka according to Hatha Yoga Pradipika
4. What is chakri karma?
5. True meaning of bramacharaya as per hatha yoga pradhhipika
6. Signs of perfection in hatha yoga
7. Which are the supplementary of shankha prakshalana?
8. Six causes which brings success in yoga as per hatha yoga pradhhipika
9. What is Swana Pranayama and Sahita Pranayama?
10. Name the colour of earth and water as per yoga science

**THIRD B.N.Y.S. DEGREE EXAM**  
**PAPER V – YOGA & PHYSICAL CULTURE-II**  
*Q.P. Code : 821520*

**Time: Three hours**

**Maximum : 100 Marks**

**Answer All questions**

**I. Essays Questions: (2 X 15 = 30)**

1. Write fifteen sutras from Vibhuti pada
2. a) Write all types of shatkarmas  
b) Elaborate on All Dhauti

**II. Short Notes: (10 x 5 = 50)**

1. Write on Vritti Pranayama
2. Nadis starting from below navel
3. Essence of Swara Yoga
4. Write five sutras of Samadi padas
5. Write about Biofeedback techniques utilised in relation to meditation
6. How to sit up from a lying Position
7. Techniques of running and cycling
8. Draw swadhisthana and name its tattwa
9. Importance of Physical Culture
10. Procedure of yoga nidras second stage

**III. Short Answers: (10 x 2 = 20)**

1. What is Chitra Nadi and write the Placement of “Kanda”
2. What is Nirbija and Swana Pranayama
3. What is the planet of fire and What is gayatri mantra
4. Pratiloma Pranayama
5. What are three Sariras ?
6. Name the two classification of karma?
7. Three techniques of basti
8. What is chakra bandha?
9. Difference between Vyaghra kriya and kunjla kriya
10. Five different modes of practice in Trataka

**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. Describe in detail about Mudhras and Bandhas according to Gherenda Samhita.
2. Write sadhana pada under following sutra with meaning.
  - a) kleshas
  - b) kriya yoga
  - c) niyamas

**II. Write Notes on:**

**(10 x 5 = 50)**

1. Vairagya.
2. Kaphalabhati kriya with its types.
3. Precautions of practicing vastra dauti.
4. Pranic currents and breath – elaborate.
5. Chitta vritti.
6. Types of Yogic Enema.
7. Abyasa.
8. Samadhi.
9. Explain in detail about swadhistana chakra.
10. Sukshma Vyamas.

**III. Short Answers on:**

**(10 x 2 = 20)**

1. Ida and pingala.
2. Niyamas as per Hatha yoga Pratipika.
3. Vipareeta karani mudhra.
4. Smrithi.
5. Avidhya.
6. Yamas as per hatha yoga prathipika.
7. Kaivalya pada.
8. Siddhis.
9. Different Names of Nadis.
10. Relaxation Asanas importance.

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**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. Write the classification of shat kriyas and explain about dhauti.
2. Explain all the techniques of nadi shodhana pranayama.

**II. Write Notes on:**

**(10 x 5 = 50)**

1. Physiological effect of exercise on Endocrine system and Nervous system.
2. Sukshma Vyama.
3. Samprajnata samidi.
4. Ishwara.
5. Samapathihi.
6. Importance of Physical Culture.
7. Swara yoga.
8. Kriya yoga.
9. Yamas and Niyamas of Hatha Yoga Prathipika.
10. Lagoo Shankaparakshalana.

**III. Short Answers on:**

**(10 x 2 = 20)**

1. Vairagya.
2. Samyama.
3. Dharana.
4. Pratyahara.
5. Bandha.
6. Prana and Apana.
7. Sheetali and Sheetkari.
8. Tantra Yoga
9. Types of Nauli.
10. Name the asanas which performed in Shanka prakshalana.

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**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 Vyadhi and Its control in Patanjali Yoga Sutras.
2. What is Kriyas? Explain all six kriyas in Gherenda Samhita.

**II. Write Notes on:****(10 x 5 = 50)**

1. Ritambhara tatra prajna.
2. Savitarka Samadhi.
3. Savicara Samadhi.
4. Ten Kaivalya Pada's sutras.
5. Puraka Phase.
6. Asanas and Exercises.
7. Mechanism of Asanas.
8. Chakras and Its locations with diagram.
9. Aims and objectives of Pranayama.
10. Swara yoga.

**III. Short Answers on:****(10 x 2 = 20)**

1. Loosening Exercises.
2. Length of Swara.
3. Length of Prana.
4. Asanas in Siva Samhita.
5. Four sutras from Sadhana Pada.
6. Sunya.
7. Arambha.
8. Parichaya.
9. Chakri Karma.
10. Four sutras from Samadhi Pada.

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**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. Write all Ten Mudras and its role in Yoga Practices according to Hatha yoga pradipika.
2. Write eight Siddhis and Its Significance of Yoga.

**II. Write Notes on:**

**(10 x 5 = 50)**

1. Evolution through the Koshas.
2. Explain the Asanas in Siva Samhita.
3. Ida Pathway.
4. Prana Sadhna.
5. Swara-Key to health.
6. Ten Patanjali yoga sutras of Samadhi Pada.
7. Vastra Dhouti.
8. Isometric Exercises and Isotonic Exercises.
9. Comparative study of Shat kriyas with other system of Medicine.
10. Methods of Eye exercises and its precautions and benefits.

**III. Short Answers on:**

**(10 x 2 = 20)**

1. Gajakarani.
2. Altering the flow of nostrils.
3. Awareness.
4. Nirbija and Swana Pranayama.
5. Samprajnata Samadhi.
6. Pratyahara
7. Isvara pranidhanadva.
8. Tasya vacakah pranavah.
9. Effect of exercises on ENT.
10. Samyamah.

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**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. Write Kleshas, Its control and significance in Yoga.
2. Write all functional modifications of Mind, its control and role in Samadhi.

**II. Write Notes on:**

**(10 x 5 = 50)**

1. Vritti Pranayama.
2. Significance of double time proportion for Rechaka.
3. Six factors which make yoga futile.
4. Varisara Dhauti.
5. Asanas working on Spinal column.
6. Six supporting factors of Yoga.
7. Mechanism of Pranayama.
8. Five Sutras of Kaivalya Pada.
9. Asanas working on Vestibular organs.
10. Role of Jalandhara Bandha in Kumbhaka.

**III. Short Answers on:**

**(10 x 2 = 20)**

1. Passive stretching.
2. Tato dvandvanabhighatah.
3. Postural pattern.
4. Isotonic exercises.
5. Nada.
6. Kundalini.
7. Sahita.
8. Define Basti.
9. Two sutras from Sadhana Pada.
10. Two sutras from Vibhuti Pada.

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[LK 1520]

FEBRUARY 2017

Sub.Code :1520

**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 Sithilikarana Vyayama in order with its benefits and add notes on Breathing exercises.
2. Define chakra. Describe about seven chakras?

**II. Write Notes on:**

**(10 x 5 = 50)**

1. Purpose of hatha yoga.
2. Nadis and its types.
3. Laghushanka prakshalana – procedure, precaution and its benefits.
4. Niyamas.
5. Neti Kriya.
6. Astavakrasana.
7. Influence of yoga in political life and sports.
8. Physiological effect of exercise on Nervous system.
9. Samyama Sadhana.
10. Vairagya.

**III. Short Answers on:**

**(10 x 2 = 20)**

1. Grantis.
2. Yoga according to patanjali.
3. Agnisara – benefits.
4. Kleshas.
5. Kaivalyapada.
6. Udarakarshanasana.
7. Swara yoga.
8. Mudra.
9. Kunjal kriya.
10. Samadhi.

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[LK 1520]

MAY 2017

Sub.Code :1520

**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 Mudras and Bandhas according to Gheranda Samhita.
2. Explain the Physiological aspects of Asanas?

**II. Write Notes on:**

**(10 x 5 = 50)**

1. Abhyasa.
2. Samadhi.
3. Explain in detail about swadhisthana chakra.
4. Kleshas.
5. Vairagya.
6. Difference between yoga and physical exercise.
7. Precautions of practicing vastra dhauti.
8. Pranic energy and breath – Elaborate.
9. Chitta Vritti nirodha.
10. Influence of yoga in political life and sports.

**III. Short Answers on:**

**(10 x 2 = 20)**

1. Yamas.
2. Kai valya pada.
3. Siddhis.
4. Veerasana – Benefits.
5. Koormasana – Procedure.
6. Ida and pingala.
7. Sutra neti.
8. Vipareeta Karani mudhra.
9. Smriti.
10. Avidya.

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**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. Write the classification of shat kriyas and explain about dhauti kriya.
2. Explain the techniques of Bhastrika pranayama and its physiological effects.

**II. Write Notes on:**

**(10 x 5 = 50)**

1. Nauli – Types and procedures.
2. Eye exercises.
3. Swara yoga.
4. Kriya yoga.
5. Yamas and Niyamas in brief.
6. Techniques and benefits of sutra neti.
7. Physiological effect of exercise on Endocrine system and Nervous system.
8. Ida and pingala.
9. Samprajnata Samadhi.
10. Ishwara pranidhana.

**III. Short Answers on:**

**(10 x 2 = 20)**

1. Bandha - Types and indications.
2. Prana and Apana.
3. Sheetali and Sheetkari.
4. Mahamudra.
5. Types of Nauli.
6. Name the asanas which performed in Shankhaprakshalana?
7. Vairagya.
8. Samyama Sadhana.
9. Dharana.
10. Pratyahara.

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**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. Define chakra and describe all the major chakras in detail.
2. Explain detail about the physiological effects of asanas on muscular system and cardiovascular system.

**II. Write Notes on:**

**(10 x 5 = 50)**

1. Techniques of meditation.
2. Purpose of hatha yoga.
3. Stretching exercises for elderly.
4. Mind sound resonance technique.
5. Difference between yogasana and physical exercise.
6. Yoga in political life.
7. Relaxation asanas.
8. Define and classify mudras.
9. Bramahmari pranayama.
10. Explain Mayurasana.

**III. Short Answers on:**

**(10 x 2 = 20)**

1. Siva samhita.
2. Bahiranga Yoga.
3. QRT (Quick Relaxation Technique).
4. Vipudhi pada.
5. Abinivesha.
6. Savicara samathi.
7. Sunya.
8. Vairagya.
9. Neti.
10. Vyana.

**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. What is Kriya and classify the Shat Kriyas and explain about the Shankaprashtana.
2. Explain Swara Yoga and its benefits.

**II. Write Notes on:**

**(10 x 5 = 50)**

1. Techniques of stretching.
2. Physiological aspects of asanas.
3. Yoga in relation to social life.
4. Physiological effects of pranayama on autonomic nervous system.
5. Yoga nidra and its stages.
6. Yogic enema.
7. Types of Samadhi.
8. Methods of eye exercises and its benefits.
9. Nadis and nervous system.
10. Vipasana meditation.

**III. Short Answers on:**

**(10 x 2 = 20)**

1. Samyama.
2. Kleshas.
3. Varisara – benefits.
4. Dharana and dhyana.
5. Chakri karma.
6. Tantra yoga.
7. Siddhis.
8. Abyasa.
9. Swadhistana chakra.
10. Sahita pranayama.

**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.

[LN 1520]

OCTOBER 2018

Sub. Code: 1520

**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. Define chakra and describe all the major chakras in detail.
2. Write in detail about Samadhi pada.

**II. Write Notes on:**

**(10 x 5 = 50)**

1. Explain diet according to hatha yoga.
2. Explain in detail about shankha prakshalana.
3. Explain in detail about mayurasana.
4. Mind sound resonance technique.
5. Explain physiological effects of pranayama.
6. Procedure of yoga nidra.
7. Relaxation asanas.
8. Types of yogic enema.
9. Yamas niyamas of hatha yoga pradiipika.
10. Basic techniques of stretching.

**III. Short Answers on:**

**(10 x 2 = 20)**

1. Siva samhita.
2. Benefits of sirasasana.
3. Pranic body.
4. Vajroli mudra.
5. Define hatha yoga.
6. Sushmana nadi.
7. Sunya.
8. Granthis.
9. Pranava mantra.
10. Udarakarshanasana.

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[LO 1520]

MAY 2019

Sub. Code: 1520

**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 Sadana Pada.
2. Explain about bandhas and mudras according to hatha yoga pradipika.

**II. Write Notes on:**

**(10 x 5 = 50)**

1. Jala neti.
2. Pancha vrittis.
3. Eye exercises.
4. Vastra dhouti.
5. Yogic breathing.
6. Yoga in political life.
7. Misconceptions of yoga.
8. Explain about ajna chakra with diagram.
9. Difference between yoga and physical exercises.
10. Meditative asanas and its benefits.

**III. Short Answers on:**

**(10 x 2 = 20)**

1. Dharana.
2. Sheetali and sheetkari.
3. Tantra yoga.
4. Length of swara.
5. Passive stretching.
6. Kaivalya pada.
7. Bahiranga yoga.
8. QRT.
9. Vyana.
10. Savicara samadhi.

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[LP 1520]

OCTOBER 2019

Sub. Code: 1520

**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. Elaborate the comparative study of Shat Kriyas with other systems of medicine.
2. A brief summary of Vibhuti Pada and Kai Valya Pada.

**II. Write Notes on:**

**(10 x 5 = 50)**

1. Write about the Vipasana Meditation.
2. How Yoga helps for social and political life?
3. Explain about the eye exercises.
4. General physiological effects of Asanas.
5. What is physiological effects of exercise in skin system?
6. Describe about Swara Yoga.
7. Effect of Bandhas and Mudras.
8. Kaphala bhati – procedure and effects.
9. Write about the Pranic currents.
10. How Nadis helps in Nervous system?

**III. Short Answers on:**

**(10 x 2 = 20)**

1. Effects of Basti.
2. Indication and procedure of Gajakarani.
3. Techniques of walking.
4. Four Slokas for Sadhana Pada.
5. Difference between Samadhi pada and Kaivalya Pada.
6. Nauli and its types.
7. Precaution of Shankaprakshalana.
8. Purposes of hatha Yoga.
9. Write about Gharenda Samhita.
10. Dhouti and its types.

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[LQ 1520]

FEBRUARY 2020

Sub. Code: 1520

**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. What is Kriyas? Explain all six Kriyas according to Gherenda Samhita.
2. Explain detail about self management of Excessive Tension.

**II. Write Notes on:**

**(10 x 5 = 50)**

1. Swara Yoga.
2. Ten Kaivalya Pada's Sutras.
3. Chakras and its locations with diagram.
4. Purpose of hatha Yoga.
5. Write note about nadis and nervous system.
6. Influence of Yoga in political life and sports.
7. Pranic energy and breath-Elaborate.
8. Physiological effects of exercise on CVS & RS.
9. Six supporting factors of Yoga.
10. Asanas working on vestibular organs.

**III. Short Answers on:**

**(10 x 2 = 20)**

1. Swana Pranayama.
2. Niyamas.
3. Peacock Pose Asanans procedure, diagram.
4. Write about the bija mantras and its importance.
5. Note about Ichchha.
6. What are the pancha tattwa?
7. What is treat Yoga?
8. Technique of vyutkrama kapalbhati.
9. What is Jagrat auastha?
10. Dhyana and its way of practice.

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**THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY**

[BNYS 0321]

**MARCH 2021**

**Sub. Code: 1520**

**(MAY 2020 & AUGUST 2020 SESSION)**

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

**THIRD YEAR**

**PAPER V – YOGA AND PHYSICAL CULTURE – II**

***Q.P. Code : 821520***

**Time: Three Hours**

**Answer ALL questions**

**Maximum : 100 Marks**

**I. Essay Questions:**

**(2 x 15 = 30)**

1. What is Astakumbhakas? Explain briefly about each.
2. Detail about Physiological aspect of asanas.

**II. Write Notes on:**

**(10 x 5 = 50)**

1. Self management of effect of exercise on muscle and joints.
2. Function of desha-Vayu.
3. Write in detail about Yoga nidra and it's various stage in sequence.
4. Define Kundalini Yoga. How to raise it? What are the benefits of Kundalini Yoga?
5. Vahnisara dhauti procedure, contra-indications.
6. TTK-Solution Preparations.
7. Explain - nauli.
8. Alternating the flow of breath.
9. Yoga for political and social life.
10. Benefits of cyclic meditation-Enumerate stress hormone.

**III. Short Answers on:**

**(10 x 2 = 20)**

1. Kaya Kalpa.
2. Amaroli; neti benefits, contra indications.
3. Manipura Chakara-meaning, yantra, bija manta.
4. Define Duaita.
5. Write about Hamsah.
6. What is Kanchuka?
7. Write about Siddhi-Laghima.
8. Note on Maithuna.
9. Which is the first stage of Sabija Samadhi?
10. Define Niruikalpa.

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**THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY**

**[BNYS 1021]**

**OCTOBER 2021  
(OCTOBER 2020 SESSION)**

**Sub. Code: 1520**

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

**(For the candidates admitted from the academic year 2013-14)**

**PAPER V – YOGA AND PHYSICAL CULTURE – II**

***Q.P. Code : 821520***

**Time: Three Hours**

**Answer ALL questions**

**Maximum : 100 Marks**

**I. Essay Questions:**

**(2 x 15 = 30)**

1. Write about physiological effects of Asanas in human system.
2. Explain in detail about Eye exercises – benefits, methods and precautions.

**II. Write Notes on:**

**(10 x 5 = 50)**

1. Samyama.
2. Samaprajnata Samadhi.
3. Ujjayi pranayama.
4. Vipasana meditation.
5. Pratyahara.
6. Define swara yoga and its uses.
7. Vipareetakarani asana.
8. Principles of hatha yoga.
9. Explain chitta vikshepas.
10. Benefits of isotonic and isometric exercise.

**III. Short Answers on:**

**(10 x 2 = 20)**

1. Kleshas.
2. Abyasa.
3. Sahita pranayama.
4. Shanmughi mudra.
5. Gheranda samhita.
6. Ida and pingala.
7. Calf muscle stretching.
8. Pancha koshas.
9. Shambavi mudra.
10. Turiya state.

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**THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY**

[BNYS 0322]

**MARCH 2022**  
**(FEBRUARY 2021 & MAY 2021 SESSIONS)**

**Sub. Code: 1520**

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

**(For the candidates admitted from the academic year 2011-12)**

**PAPER V – YOGA AND PHYSICAL CULTURE – II**

***Q.P. Code : 821520***

**Time: Three Hours**

**Answer ALL questions**

**Maximum : 100 Marks**

**I. Essay Questions:**

**(2 x 15 = 30)**

1. Describe in detail about the difference between sports physiology and yogic physiology.
2. Describe in detail about Mudras and Bandhas according to Gherenda Samhita.

**II. Write Notes on:**

**(10 x 5 = 50)**

1. Techniques of stretching.
2. Procedures of walking, jogging and running.
3. Precautions of practicing vastra dauti.
4. Nadis related to nervous system.
5. Chitta vritti.
6. Influence of yoga in political life and sports.
7. Yoga nidra and its stages.
8. Samadhi
9. Vipasana meditation.
10. Kleshas.

**III. Short Answers on:**

**(10 x 2 = 20)**

1. Siva samhita.
2. Sutra neti.
3. Vipareeta karani mudra.
4. Smrithi.
5. Avidhya.
6. Benefits of sirasasana.
7. Kaivalya pada.
8. Siddhis
9. Veersana
10. Vajroli mudra.

**THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY**

**[BNYS 0522]**

**MAY 2022  
(AUGUST 2021 & OCTOBER 2021 SESSIONS)**

**Sub. Code: 1520**

**B.N.Y.S. DEGREE EXAMINATION  
THIRD YEAR  
(For the candidates admitted from the academic year 2011-12)  
PAPER V – YOGA AND PHYSICAL CULTURE – II  
Q.P. Code : 821520**

**Time: Three Hours**

**Answer ALL questions**

**Maximum : 100 Marks**

**I. Essay Questions:**

**(2 x 15 = 30)**

1. Explain in detail about the physiological effects of asanas on nervous system and endocrine system.
2. Explain in detail about Sahajoli mudra and Amaroli mudra according to Hatha Yoga.

**II. Write Notes on:**

**(10 x 5 = 50)**

1. Mind sound resonance technique.
2. Influence of yoga in political life and sports.
3. Yamas and niyamas of hatha yoga pradipika.
4. Samyama.
5. Explain in detail about shankha prakshalana.
6. Purpose of hatha yoga.
7. Nadis and its types.
8. Explain diet according to hahta yoga.
9. Types of yogic enema.
10. Neti.

**III. Short Answers on:**

**(10 x 2 = 20)**

1. Precaution of Shankaprakshalana.
2. Udharkarshanasana.
3. Swara yoga.
4. Write about Gharenda Samhita.
5. Kunjal kriya.
6. Samadhi.
7. Ghrantis.
8. Bija mantras and its importance.
9. Agnisara – benefits.
10. Kleshas.

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**THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY**

[BNYS 1022]

**OCTOBER 2022  
(FEBRUARY 2022 & MAY 2022 SESSIONS)**

**Sub. Code: 1520**

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

**(For the candidates admitted from the academic year 2011-12)**

**PAPER V – YOGA & PHYSICAL CULTURE – II**

***Q.P. Code : 821520***

**Time: Three Hours**

**Answer ALL questions**

**Maximum : 100 Marks**

**I. Essay Questions:**

**(2 x 15 = 30)**

1. Stages of Samadhi according to hatha Yoga.
2. Explain in detail about Sahajoli mudra and Amaroli mudra according to Hatha Yoga.

**II. Write Notes on:**

**(10 x 5 = 50)**

1. Vibhuti pada and kaivalya pada.
2. Great Lock of bandha - Explain.
3. Emulate stretching asanas posture.
4. Sukshma Vyama.
5. Explain Isotonic and Isometric exercises.
6. Types of Yogic enema.
7. Write notes about Abyasa.
8. Nadasandhana asana procedure, diagram.
9. Kunjal Kiryas explain.
10. Physiological effect of ENT.

**III. Short Answers on:**

**(10 x 2 = 20)**

1. Yamuna River.
2. Eye exercise.
3. PET.
4. Yoga Nidra.
5. Mudras helpful to cure woman's disorders.
6. Sutras referring to God.
7. What is brahma nadi?
8. What is Laya?
9. Sensitivity and awareness of Yoga.
10. Uses of swara yoga.

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**THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY**

[BNYS 0323]

**MARCH 2023**

**Sub. Code: 1520**

**(AUGUST 2022 & OCTOBER 2022 EXAM SESSIONS)**

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

**(For the candidates admitted from the academic year 2011-12)  
PAPER V – YOGA & PHYSICAL CULTURE – II**

*Q.P. Code: 821520*

**Time: Three Hours**

**Answer ALL questions**

**Maximum : 100 Marks**

**I. Essay Questions:**

**(2 x 15 = 30)**

1. Elaborate in detail about the comparative study of shat kriyas with other systems of medicine.
2. What are the obstacles which obstruct, progress and distract the aspirants Consciousness.

**II. Write Notes on:**

**(10 x 5 = 50)**

1. Sithalikarna vyayama.
2. Techniques of waling and running.
3. Sahita pranayama according to gheranda samhita.
4. Chayoupasana.
5. MSRT.
6. Purpose of hatha yoga.
7. How to overcome kleshas?
8. Asanas according to Siva samhita.
9. Physiological effects of asanas on skin.
10. Yoga in related to political life.

**III. Short Answers on:**

**(10 x 2 = 20)**

1. Sankatasana.
2. Varieties of mayurasana in Hatha yoga pradipika.
3. Virama pratyaya.
4. Moorcha pranayama.
5. Eye exercise.
6. Dristis.
7. Isometric exercise.
8. Samadhi according to gheranda samhita.
9. Turiya state.
10. Chakra bandha.

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**THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY**

**[BNYS 0923]**

**SEPTEMBER 2023  
(MAY 2023 EXAM SESSION)**

**Sub. Code: 1520**

**B.N.Y.S. DEGREE EXAMINATION  
THIRD YEAR  
(For the candidates admitted from the academic year 2011-12)  
PAPER V – YOGA & PHYSICAL CULTURE – II**

*Q.P. Code: 821520*

**Time: Three Hours**

**Answer ALL questions**

**Maximum : 100 Marks**

**I. Essay Questions:**

**(2 x 15 = 30)**

1. Explain in detail about Swara Yoga.
2. Define Chakra and describe in detail about all the major chakras.

**II. Write Notes on:**

**(10 x 5 = 50)**

1. Antaranga yoga.
2. Ida and pingala.
3. Samprajnata Samadhi.
4. Ishwara.
5. Samapatti in yoga.
6. Explain the procedure of Cyclic meditation.
7. Ashta Siddhis.
8. Write the physiological effects of Bhramari pranayama.
9. Explain about Panchakosha.
10. Role of Jala neti in post covid rehabilitation.

**III. Short Answers on:**

**(10 x 2 = 20)**

1. Tantra yoga.
2. Samyama.
3. QRT.
4. Pratyahara.
5. Vyana.
6. Prana and Apana.
7. Sheetali and Sheetkari.
8. Maha mudra.
9. Types of Nauli.
10. Savichara Samadhi.

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