

[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.
