

**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.