

[LN 1502]

OCTOBER 2018

Sub. Code: 1502

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

**PAPER II – PHILOSOPHY AND PRACTICE OF YOGA**

*Q.P. Code : 821502*

**Time: Three Hours**

**Maximum : 100 Marks**

**Answer All questions**

**I. Essay Questions:**

**(2 x 15 = 30)**

1. Elaborate the history of yoga – Indus valley civilization, Veda, Upanishads and Puranas.
2. Write about Sankhya and Yoga and explain the contribution of Vyasa's commentary to Patanjali yoga.

**II. Write Notes on:**

**(10 x 5 = 50)**

1. Vipareetha karani.
2. Differentiate natural breathing and abdominal breathing.
3. Yogic exercises.
4. Anuloma viloma pranayama.
5. Chakrasana.
6. Prana and lifestyle.
7. Cooling pranayama.
8. Science of pranayama.
9. Systematization of yoga by sage Patanjali.
10. Yogasanas and body mind connection.

**III. Short Answers on:**

**(10 x 2 = 20)**

1. Pranic body.
2. Dynamic yogasana.
3. Contraindications of Utkatasana.
4. Indications of Shalabasana.
5. Role of prana in health.
6. Clavicular breathing.
7. Samadhi pada.
8. Visudhi chakra.
9. Define Sukshma Vyayama.
10. Name the advanced asanas.

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