

[LN 1512]

OCTOBER 2018

Sub. Code: 1512

SECOND B.N.Y.S. DEGREE EXAMINATION

PAPER IV – YOGA AND PHYSICAL CULTURE - I

Q.P. Code : 821512

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 15 = 30)

1. Classify Shatkarmas.
2. Classify Kumbhakas as per Hatha Yoga Prathipika.

II. Write Notes on:

(10 x 5 = 50)

1. Three Techniques of Vamana Dhauti.
2. Visama Vritti and Pratiloma Pranayama.
3. Adhara Mudras.
4. Procedure and benefits of Vyagrasana.
5. Nasal Cleansing.
6. Difference between Siddhasana, Vajrasana, Muktasana and guptasana.
7. Kapalshodhana.
8. Pranic Body.
9. Astanga Yoga.
10. Moola Bandha.

III. Short Answers on:

(10 x 2 = 20)

1. Five Relaxation Asanas.
2. Meditative Asana.
3. Which asana is Philosophers pose and procedure?
4. Ashta siddhi.
5. Six Postural Mudras.
6. Cobra Respiration.
7. Amaroli neti.
8. Contraindications of Jala Neti.
9. Which yoga practice, It's a part of Hatha Yoga and Raja Yoga – Justify?
10. Mitahara as per Hatha yoga.
