

[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.
