

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[BNYS 0124]

JANUARY 2024

Sub. Code: 1502

(JUNE 2023 / OCTOBER 2023 EXAM SESSIONS)

B.N.Y.S. DEGREE EXAMINATION

FIRST YEAR PART - I

(For the candidates admitted from the academic year 2011-12)

PAPER II – PHILOSOPHY & PRACTICE OF YOGA

Q.P. Code: 821502

Time: Three Hours

Answer ALL questions

Maximum : 100 Marks

I. Essay Questions:

(2 x 15 = 30)

1. What is Yoga and contemporary yoga, Scientific and textual research studies?
2. Define Pranayama. Explain the pranic body and spiritual aspirants. Note on rules, regulations and limitations for the practice of Pranayama.

II. Write Notes on:

(10 x 5 = 50)

1. Samakonasana.
2. Buddhism.
3. Layayoga.
4. Gomukhasana.
5. Nadi shodhana pranayama.
6. Asanas Vs. Exercises.
7. Shalabhasana – Procedure.
8. Vamana Dhauti.
9. Hiranyagarbha Yoga.
10. Six systems of Ancient Indian Philosophy.

III. Short Answers on:

(10 x 2 = 20)

1. Gajakarni kriya.
2. Nadis.
3. Vrikshasana.
4. Tantras.
5. Padadhiraasana.
6. Name the Upanishads.
7. Trataka.
8. Justify salt using in Jalaneti.
9. Bakthiyoga.
10. Indications of Naukasana.
