

[LO 1502]

MAY 2019

Sub. Code: 1502

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

**PART – I**

**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. Write the developments in yoga after Patanjali and explain the scientific aspects of yoga.
2. Write about Pranayama. Add a note on the rules and regulations for practice of Pranayama.

**II. Write Notes on:**

**(10 x 5 = 50)**

1. Astanga Yoga.
2. Kriyas.
3. Kundalini Yoga.
4. Differentiate breathing exercise and pranayama.
5. History of yoga before the time of Patanjali.
6. Karma Yoga.
7. Yogic Breathing.
8. Yoga Mudra.
9. Gajakarni.
10. Siddha yoni asana.

**III. Short Answers on:**

**(10 x 2 = 20)**

1. Types of prana.
2. Outline the branches of Yoga.
3. Benefits of Jala neti.
4. Define Prana.
5. Name the different types of relaxation techniques.
6. Eye exercises.
7. Contraindications of Halasana.
8. Rechaka and pooraka.
9. Natural breathing.
10. Indications of Gomukhasana.

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