

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

**[BNYS 1021]**

**OCTOBER 2021  
(OCTOBER 2020 SESSION)**

**Sub. Code: 1502**

**B.N.Y.S. DEGREE EXAMINATION  
FIRST YEAR – PART I  
(For the candidates admitted from the academic year 2013-14)  
PAPER II – PHILOSOPHY AND 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 explain the Modern trends in Yoga in Western Countries.
2. Define Shatkarma and its types. Explain in detail about Jala neti.

**II. Write Notes on:**

**(10 x 5 = 50)**

1. Sankya philosophy.
2. Bakthi yoga.
3. Rules and regulations for practicing asanas.
4. Sectional breathing.
5. Padangusthasana.
6. Anuloma-viloma.
7. Patanjali.
8. Dwikonasana – procedure and benefits.
9. Hiranyagarbha yoga.
10. Meditation.

**III. Short Answers on:**

**(10 x 2 = 20)**

1. Antaranga yoga.
2. Classify asanas.
3. Ushtrasana.
4. Trataka.
5. Upapranas.
6. Benefits of doing sutra neti.
7. Laya yoga.
8. Shroni chakra.
9. Components of pranayama.
10. Yoga according to Sivanandha Saraswathi.