

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

[BNYS 1021]

**OCTOBER 2021
(OCTOBER 2020 SESSION)**

Sub. Code: 1520

**B.N.Y.S. DEGREE EXAMINATION
THIRD YEAR
(For the candidates admitted from the academic year 2013-14)
PAPER V – YOGA AND PHYSICAL CULTURE – II
*Q.P. Code : 821520***

Time: Three Hours

Answer ALL questions

Maximum : 100 Marks

I. Essay Questions:

(2 x 15 = 30)

1. Write about physiological effects of Asanas in human system.
2. Explain in detail about Eye exercises – benefits, methods and precautions.

II. Write Notes on:

(10 x 5 = 50)

1. Samyama.
2. Samaprajnata Samadhi.
3. Ujjayi pranayama.
4. Vipasana meditation.
5. Pratyahara.
6. Define swara yoga and its uses.
7. Vipareetakarani asana.
8. Principles of hatha yoga.
9. Explain chitta vikshepas.
10. Benefits of isotonic and isometric exercise.

III. Short Answers on:

(10 x 2 = 20)

1. Kleshas.
2. Abyasa.
3. Sahita pranayama.
4. Shanmughi mudra.
5. Gheranda samhita.
6. Ida and pingala.
7. Calf muscle stretching.
8. Pancha koshas.
9. Shambavi mudra.
10. Turiya state.
