

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

[BNYS 1022]

**OCTOBER 2022
(FEBRUARY 2022 & MAY 2022 EXAM SESSIONS)**

Sub. Code: 1512

**B.N.Y.S. DEGREE EXAMINATION
SECOND YEAR**

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

PAPER IV – YOGA AND PHYSICAL CULTURE - I

Q.P. Code : 821512

Time: Three Hours

Answer ALL questions

Maximum : 100 Marks

I. Essay Questions:

(2 x 15 = 30)

1. Explain in detail about mudras and its neuro-muscular and glandular effect on body.
2. Role and mechanism of Yoga and its practices in Stress management.

II. Write Notes on:

(10 x 5 = 50)

1. Physiological effect of shat kriyas.
2. Gurujapa.
3. Techniques of dharana.
4. Upanadis.
5. Yoga for personality development.
6. Granthis and its types.
7. Difference between yogic practices and physical training.
8. Mayurasana and note on benefit and contraindication.
9. Surya bedana pranayama and sitkari pranayama and its role in BMR.
10. Role of Yoga during pre-conception, conception and post-partum.

III. Short Answers on:

(10 x 2 = 20)

1. Kapalashodhana.
2. Udiyana bandha.
3. Kaki mudra.
4. Balancing pranayama.
5. Attitude of arousing immortality.
6. Draw Ajna chakra and write its bija mantra.
7. Mitahara.
8. Greeva sanchalana.
9. Chandra mantras.
10. Pashinee mudra.
