

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

[BNYS 1022]

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

Sub. Code: 1520

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

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

PAPER V – YOGA & PHYSICAL CULTURE – II

Q.P. Code : 821520

Time: Three Hours

Answer ALL questions

Maximum : 100 Marks

I. Essay Questions:

(2 x 15 = 30)

1. Stages of Samadhi according to hatha Yoga.
2. Explain in detail about Sahajoli mudra and Amaroli mudra according to Hatha Yoga.

II. Write Notes on:

(10 x 5 = 50)

1. Vibhuti pada and kaivalya pada.
2. Great Lock of bandha - Explain.
3. Emulate stretching asanas posture.
4. Sukshma Vyama.
5. Explain Isotonic and Isometric exercises.
6. Types of Yogic enema.
7. Write notes about Abyasa.
8. Nadasandhana asana procedure, diagram.
9. Kunjal Kiryas explain.
10. Physiological effect of ENT.

III. Short Answers on:

(10 x 2 = 20)

1. Yamuna River.
2. Eye exercise.
3. PET.
4. Yoga Nidra.
5. Mudras helpful to cure woman's disorders.
6. Sutras referring to God.
7. What is brahma nadi?
8. What is Laya?
9. Sensitivity and awareness of Yoga.
10. Uses of swara yoga.
