

AUGUST 2004

[KL 1502]

Sub. Code : 1502

3.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

First Year

Part I

Paper II — PHILOSOPHY AND PRACTICE OF YOGA

Time : Three hours

Maximum : 100 marks

Sec. A & B : Two hours and

Sec. A & B : 80 marks

forty minutes

M.C.Q. : Twenty minutes

M.C.Q. : 20 marks

Answer Sections A and B in SAME Answer Book.

SECTION A — (2 × 15 = 30 marks)

Essay Question :

1. Write the history of Yoga from Indus Valley Civilization, Veda, Upanishad and Epics.

(3 + 4 + 4 + 4 = 15)

2. Write an essay on Yogic Yamas and Niyamas.

(8 + 7 = 15)

SECTION B — (10 × 5 = 50 marks)

Short notes :

3. Antarang Yoga.

4. Pranayama of Patanjali.

5. Sarvangasana.

6. Kunjal.

7. Hatha Yoga.

8. Kundalini.

9. Vitarka.

10. Buddhism and Yoga.

11. Suptavajrasana.

12. Jala Neti.

AUGUST 2004

[KL 1502]

Sub. Code : 1502

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

First Year

Part I

Paper II — PHILOSOPHY AND PRACTICE OF YOGA

Time : Three hours

Maximum : 100 marks

**Sec. A & B : Two hours and
forty minutes**

Sec. A & B : 80 marks

M.C.Q. : Twenty minutes

M.C.Q. : 20 marks

Answer Sections A and B in SAME Answer Book.

Answer ALL questions.

SECTION A — (2 × 15 = 30 marks)

Long Essay :

1. What are Toxins? How are they generated
Nutralized and eliminated from the body?

(3 + 5 + 2 + 5 = 15)

2. Name the 'Pancha Maha Boothas'. Explain in
detail about element water and element fire.

(3 + 6 + 6 = 15)

SECTION B — (10 × 5 = 50 marks)

Write short note on :

3. Rest and relaxation.
4. Natural immunity.
5. Satvie diet.
6. Fasting.
7. Natural Family Planning Methods.
8. Infra Red Radiation.
9. Fundamental principles of Homeopathy.
10. Facial Diagnosis.
11. Old age health problems.
12. Dhinacharya.

FEBRUARY 2005

[KM 1502]

Sub. Code : 1502

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

First Year

Part I

Paper II — PHILOSOPHY AND PRACTICE OF YOGA

Time : Three hours

Maximum : 100 marks

Sec. A & B : Two hours and forty minutes

Sec. A & B : 80 marks

M.C.Q. : Twenty minutes

M.C.Q. : 20 marks

Answer ALL questions.

SECTION A — (2 × 15 = 30 marks)

Essay question :

1. What is Astanga yoga and explain Bahiranga yoga? (3 + 12 = 15)
2. Explain the historical highlights of yoga. (3 + 12 = 15)

SECTION B — (10 × 5 = 50 marks)

Write short notes on :

3. Purpose of yoga. (1 + 1 + 1 + 1 + 1 = 5)
4. Sankya philosophy and yoga. (1 + 4)

5. Patanjali. (3 + 2)
6. Samadhi. (1 + 4)
7. Asana and exercise. (2 + 3)
8. Sarvangasana and its effects. (3 + 2)
9. Shithalakarana Vyayama. (1 + 4)
10. Ardhamatsyndrasana and its effects. (4 + 1)
11. Nadishodana pranayama. (1 + 4)
12. Neti kriya. (1 + 4)

AUGUST 2005

[KN 1502]

Sub. Code : 1502

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

First Year

Part I

Paper II — PHILOSOPHY AND PRACTICE OF YOGA

Time : Three hours

Maximum : 100 marks

**Theory : Two hours and
forty minutes**

Theory : 80 marks

M.C.Q. : Twenty minutes

M.C.Q. : 20 marks

Answer ALL questions.

I. Long Essay : (2 × 15 = 30)

**1. Define Yoga and write the purpose of Yoga?
Explain Antaranga yoga. (2 + 6 + 7)**

**2. What is Pranayama? Explain the rules and
regulations for the practice of Pranayama and add a
note on Nadishodana Pranayama. (2 + 8 + 5)**

II. Write short notes on: (10 × 5 = 50)

1. Bahiranga yoga. (1 + 1 + 1 + 1 + 1)

**2. History of yoga according to puranas and smritis.
(2 + 2 + 1)**

3. Asanas and Kundalini. (2 + 2 + 1)

4. Gomukhasana and effects. (3 + 2)

5. Loosening Exercise. (2 + 3)

6. Sectional Breathing. (2 + 1 + 1 + 1)

7. Eye Exercise. (2 + 1 + 2)

8. Pathanjali. (2 + 3)

9. Anuloma - Viloma. (1 + 2 + 2)

10. Jainism and Yoga. (1 + 2 + 2)

FEBRUARY 2006

[KO 1502]

Sub. Code : 1502

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

First Year

Part I

Paper II — PHILOSOPHY AND PRACTICE OF YOGA

Time : Three hours

Maximum : 100 marks

Theory : Two hours and
forty minutes

Theory : 80 marks

M.C.Q. : Twenty minutes

M.C.Q. : 20 marks

Answer ALL questions.

I. Essay question : (2 × 15 = 30)

1. Describe the various definitions of yoga and history of yoga according to Upanishads? (5 + 10)

2. Describe in detail about Astanga yoga and add a note on rules and regulations for Asanas. (10 + 5)

II. Write short notes on : (10 × 5 = 50)

1. Sankhya and yoga. (1 + 2 + 2)

2. Mantra yoga and Laya yoga. (1 + 2 + 2)

3. Post pathanjali developments in yoga. (1 + 4)

4. Various objects of yoga. (1 + 4)

5. Gomukasana. (1 + 2 + 2)

6. Nadi shodana Pranayama. (1 + 4)

7. Pathanjali. (1 + 4)

8. History of yoga according to Puranas and Epics. (1 + 4)

9. Spiritual values of Pranayama. (1 + 4)

10. Sarvangasana. (1 + 2 + 2)

AUGUST 2006

[KP 1502]

Sub. Code : 1502

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

First Year

Part I

Paper II — PHILOSOPHY AND PRACTICE OF YOGA

Time : Three hours

Maximum : 100 marks

**Theory : Two hours and
forty minutes**

Theory : 80 marks

M.C.Q. : Twenty minutes

M.C.Q. : 20 marks

Answer ALL questions.

I. Long Essay :

1. What is Yoga? Write the various objects of yoga and explain modern trends in yoga. (2 + 8 + 10)
2. Explain the historical highlights of yoga. (15)
3. What is Asana? Explain the rule, regulations and limitations for the practice of Asana. Add a note on importance of Asanas in yogic curriculum. (2 + 8 + 5)

II. Write short notes on : (6 × 5 = 30)

1. Anata Ranga Yoga. (1 + 2 + 2)
2. Mantra and Jnana Yoga. (1 + 2 + 2)
3. Pathanjali. (1 + 4)
4. Gomukhasana and its effects. (3 + 2)
5. Samkhya and Yoga. (1 + 2 + 2)
6. Sectional Breathing.

AUGUST 2007

[KR 1502]

Sub. Code : 1502

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

First Year

Part I

Paper II — PHILOSOPHY AND PRACTICE OF YOGA

Time : Three hours

Maximum : 100 marks

**Theory : Two hours and
forty minutes**

Theory : 80 marks

M.C.Q. : Twenty minutes

M.C.Q. : 20 marks

Answer ALL questions.

I. Long Essay : (2 × 15 = 30)

1. Describe in detail about history of yoga according to Upanishads. (15)

2. What is Pranayama? Explain the rules and regulations and limitations for the practice of Pranayama? Add a note on sectional breathing. (15)

II. Write short notes : (10 × 5 = 50)

- 1. Purpose of yoga.**
- 2. Kundalini and Laya yoga.**
- 3. Ardha Matsyendrasana and its effects.**
- 4. Panchaprana.**
- 5. Jainism and Yoga.**
- 6. Hiranyagrbha – Yoga.**
- 7. Ashtanga Yoga.**
- 8. Patanjali.**
- 9. Sarvangasana.**
- 10. History of yoga according to Puranas and Epics.**

August 2008

[KT 1502]

Sub. Code : 1502

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

First Year

Part I

Paper II — PHILOSOPHY AND PRACTICE OF YOGA

Q.P. Code : 821502

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

I. Long Essay : (2 × 15 = 30)

**1. Define yoga and write the purpose of Yoga?
Explain Antaranga yoga.**

**2. What is Pranayama? Explain pranic body and
spiritual aspirant? Add a note on rules and regulations
and limitations for the practice of pranayama.**

August 2008

II. Short notes : (10 × 5 = 50)

1. Ashtanga yoga.
2. Jainism and yoga.
3. Hiranyagarbha – yoga.
4. Paschimottanasana and its effects.
5. Samakhya philosophy and yoga.
6. Sectional breathing.
7. Mantra and Jnana yoga.
8. Patanjali.
9. Kundalini yoga.
10. Neti kriya.

III. Write Short Answers. (10 × 2 = 20)

1. Indications of Sarvangasana.
2. Steps of pranayama.
3. What is pratyahara?
4. Name the third pada of yoga sutras and how many Aphorisms.
5. Patanjali definition of yoga.
6. Contra indications of yogamudra.

7. Slokha for 'Asana' according to Hathayoga pradipika.

8. Precautions for yogic practice.

9. What is the slokha for 'Niyama'?

10. Bahiranga yoga.

August 2009

[KV 1502]

Sub. Code: 1502

B.N.Y.S DEGREE EXAMINATION.

(New Regulations)

First Year

Part I

Paper II – PHILOSOPHY AND PRACTICE OF YOGA

Q.P. Code : 821502

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

I. Long Essay:

(2 x 15 = 30)

1. Describe in detail about history of yoga according to puranas and smritis.
2. (a) Define Shatkriya. Explain in detail about Jalaneti.
(b) Describe about yogic breathic technique.

II. Short Notes:

(10 x 5 = 50)

1. Shakthibandasana.
2. Anuloma-viloma.
3. Trirathnas.
4. Marjariasana and its effects
5. Rajayoga
6. Prana-Pranic body.
7. Buddhism and yoga.
8. Clavicular breathing.
9. Sutra Neti.
10. Differences between Dharana and Dhyana.

III. Short Answers questions:

(10 x 2 = 20)

1. Define yoga according to Arabindo.
 2. Shroni Chakra.
 3. Contra – Indications of Halasana.
 4. What is Hathayoga.
 5. Bhakthi yoga.
 6. Karmayoga according to Bhagavath gita.
 7. Various objects of yoga.
 8. Name the yoga and story that represents 'Golden Embryo'.
 9. Importance of purusha and prakruthi in Sankhyaphilosophy.
 10. UDHANA.
-

February 2010

[KW 1502]

Sub. Code: 1502

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

First Year

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. Define Pranayama. Explain about breathing and life span. Add a note on rules, regulations and limitations of Pranayama.
2. Write in detail about Astanga Asana.

II. Short Notes:

(10 x 5 = 50)

1. Yoga before the time of Patanjali.
2. Sankhya Philosophy and Yoga.
3. Kundalini Yoga.
4. Animal Postures.
5. Rules and Regulations of Yogasana.
6. Contra indications of Gajakarni Jala and Sutrarneti.
7. Sarvangasana.
8. Anuloma, Viloma and Pratiloma Pranayama.
9. Eye exercises.
10. Neti Kriya.

III. Short Answers:

(10 x 2 = 20)

1. Indications of Matsyasana.
 2. Classification of Yogasana.
 3. Define Granti and its types.
 4. Slokha for 'Samadhi'.
 5. Define Mudra and its types.
 6. Limbs of Hatha Pradipika.
 7. Slokha for 'Yama'.
 8. Contraindications of Paschimottanasana.
 9. Vamana Dhauti.
 10. Pancha koshas.
-

August 2010

[KX 1502]

Sub. Code: 1502

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

First Year

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. Define YOGASANA'S. Explain in detail about "PATANJALI'S ASTANGA YOGA".
2. (a) Define SHATKRIYA. Explain in detail about "JALANETI".
(b) Describe about YOGIC BREATHIC TECHNIQUE.

II. Short Notes:

(10 x 5 = 50)

1. Meditation.
2. Pranic Body.
3. Trikonasana – Variation, Indication and Contraindication.
4. Gajakarani Kriya.
5. Poorna Titali Asana.
6. Vajrasana - Variation, Indication and Awareness.
7. Define Meditative Asanas and give suitable examples.
8. Trirathnas.
9. Explain about systematization of yoga by Patanjali.
10. Knee Exercises.

III. Short Answers:

(10 x 2 = 20)

1. What is Pratyahara?
 2. Inventor of Ardhamat Syendrasana.
 3. What is the difference between Swedhambarar and Digambarar? (any 4)
 4. What is "Pratiloma Pranayama"?
 5. What is Sutra Neti? Write the contraindication of it.
 6. What is the preparatory practice of Jalaneti?
 7. Raja Yoga.
 8. What is Kundalini?
 9. UDANA.
 10. How will you practice Ardhapawanamuktanasana.
-

February 2011

[KY 1502]

Sub. Code : 1502

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

First Year

Part I

Paper II— PHILOSOPHY AND PRACTICE OF YOGA

Q.P. Code : 821502

Time : Three hours

Maximum : 100 marks

- I. Essay : (2 × 15 = 30)
1. Write about the Ancient and Modern definitions of Yoga. Explain Bhahiranga yoga.
 2. What is Pranayama? Explain the rules and regulations for the practice of Pranayama and add a note on Clavicular Breathing.
- II. Short notes : (10 × 5 = 50)
1. Sage Patanjali in relation to four padas.
 2. Classification of Yogasanas
 3. Anuloma – viloma
 4. Hiranyagarbha yoga
 5. Katichakrasana
 6. Eye Exercise
 7. Karma yoga
 8. Kunjal Kriya – Procedure, Indications, Contraindications.
 9. History of yoga according to Puranas and Smrithi.
 10. Yama – Explain.

III. Short Answers :

(10 × 2 = 20)

1. What is Kundalini?
 2. Importance of Purusha and Prakrithi.
 3. Define Chakara? Name the charkas.
 4. Contraindication of Pawanamukthasana
 5. What is Meditation?
 6. Panchakoshas.
 7. What do you mean by "Janu – Naman"?
 8. What are the Nine modes of Devotion in Bakthiyoga?
 9. What do you mean by "Laya"?
 10. What are Shatkarmas?
-

August 2011

[KZ 1502]

Sub. Code: 1502

B.N.Y.S. DEGREE EXAMINATION.

**First Year
(Part I)**

Paper II – PHILOSOPHY & PRACTICE OF YOGA

Q.P. Code : 821502

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

I. Essay questions:

(2X15=30)

1. Rules and regulations for doing Yogasanas.
2. Post Patanjalian developments in Yoga.

II. Short Notes:

(10X5=50)

1. Bhakti Yoga.
2. Outlines of Astanga Yoga.
3. Sarvangasana: Procedure, indications and contra-indications.
4. Nadishodhana Pranayama.
5. Jainism.
6. Vyasa's commentary on Patanjali Yoga.
7. Dynamic and Static Yogasanas.
8. Outlines of Shatkriyas.
9. Loosening Exercises: procedure, indications and contra-indications.
10. Neti.

III. Short Answer:

(10X2=20)

1. Hiranyagarbha yoga.
2. Pranic Body.
3. Garudasana.
4. Mooladhara Chakra.
5. What are Yamas?
6. Vedas.
7. Clavicular Breathing.
8. Hinayana & Mahayana Buddhism.
9. Types of Pranayama.
10. Mantra meditation.

[LB 1502]

Sub. Code: 1502

FIRST YEAR B.N.Y.S. DEGREE EXAM – AUGUST 2012

Paper II- PHILOSOPHY AND PRACTICE OF YOGA

Q.P. Code: 821502

Time: 180 minutes

Maximum: 100 marks

Answer ALL questions in the same order.

I. Elaborate on:

**Pages Time Marks
(Max.)(Max.)(Max.)**

- | | | | |
|--|----|----|----|
| 1. Explain in detail about “Yamas and Niyamas”? | 16 | 25 | 15 |
| 2. Define Pranayama. Explain in detail various types of Pranayama? | 16 | 25 | 15 |

II. Write notes on:

- | | | | |
|--|---|---|---|
| 1. Kundalini. | 3 | 8 | 5 |
| 2. Sankhya. | 3 | 8 | 5 |
| 3. Virabhadrasana: Variations, indications and contra-indications. | 3 | 8 | 5 |
| 4. Difference between Yogasanas and exercises. | 3 | 8 | 5 |
| 5. Hatha yoga. | 3 | 8 | 5 |
| 6. Yogopanishads. | 3 | 8 | 5 |
| 7. Yoga-the mind body connection. | 3 | 8 | 5 |
| 8. Eye exercises. | 3 | 8 | 5 |
| 9. Gajakarni: procedure, indications and contra-indications. | 3 | 8 | 5 |
| 10. Meditation. | 3 | 8 | 5 |

III. Short Answers on:

- | | | | |
|-------------------------------|---|---|---|
| 1.Dharana. | 1 | 5 | 2 |
| 2.Laya Yoga. | 1 | 5 | 2 |
| 3.Buddhism. | 1 | 5 | 2 |
| 4.Shavasana. | 1 | 5 | 2 |
| 5.Trataka. | 1 | 5 | 2 |
| 6.Kapal bhati. | 1 | 5 | 2 |
| 7.Benefits of doing Jalaneti. | 1 | 5 | 2 |
| 8.Simhasana. | 1 | 5 | 2 |
| 9.Tadasana. | 1 | 5 | 2 |
| 10. Vasti. | 1 | 5 | 2 |

[LC 1502]

Sub. Code: 1502

FIRST YEAR B.N.Y.S. DEGREE EXAM – FEBRUARY 2013

Paper II - PHILOSOPHY AND PRACTICE OF YOGA

Q.P. Code: 821502

Time: Three Hours

Maximum: 100 marks

Answer ALL questions.

I. Elaborate on:

2 X 15 = 30

1. a. Define Pranayama and add a note on rules and regulations.
b. Define kriyas and add a note on Neti kriya.
2. a. Patanjali period
b. Sankhya philosophy
c. Jnana yoga.

II. Write notes on:

10 X 5 = 50

1. Yogasana and Prana.
2. Dharana.
3. Chakras and its types.
4. Siddhasana.
5. Sitali Pranayama.
6. Thoracic breathing.
7. Yoga by Swami Vivekananda.
8. Difference between yoga and exercises.
9. Kundalini.
10. Vitarka.

III. Short Answers on:

10 X 2 = 20

1. Antaranga yoga.
2. Types of Pranayama.
3. Names of inverted asanas.
4. Name of the upa-pranas.
5. Types of pada.
6. Types of Samadhi.
7. What are shatkarmas.
8. Nine modes of duration in Bhakti yoga.
9. Contraindication of Dhanurasana.
10. Write any one prayer with its meaning.

[LD 1502]

Sub. Code: 1502

FIRST YEAR B.N.Y.S. DEGREE EXAM – AUGUST 2013

Paper – II PHILOSOPHY AND PRACTICE OF YOGA

Q.P. Code: 821502

Time: Three Hours

Maximum: 100 marks

Answer ALL questions

I. Elaborate on:

2 X 15 = 30

1. Rules and regulations for doing Yogasanas.
2. Post Patanjalian developments in Yoga.

II. Write notes on:

10 X 5 = 50

1. Bhakti Yoga.
2. Outlines of Astanga Yoga.
3. Sarvangasan: Procedure, Indications and contra-indications.
4. Nadishodhana Pranyama.
5. Jainism.
6. Vyasa's commentary on Patanjali Yoga.
7. Dynamic and Static Yogasanas.
8. Outlines of Shatkriyas.
9. Loosening Exercises: procedure, indications and contra-indications.
10. Neti.

III. Short Answers on:

10 X 2 = 20

1. Hiranyagarbha yoga.
2. Pranic Body.
3. Garudasana.
4. Mooladhara Chakra.
5. What are Yamas.
6. Vedas.
7. Clavicular Breathing.
8. Hinayana & Mahayana Buddhism.
9. Types of Pranayama.
10. Mantra meditation.

FIRST YEAR B.N.Y.S. DEGREE EXAM

PAPER II – PHILOSOPHY & PRACTICE OF YOGA-I

Q.P. Code : 821502

Time: Three hours

Maximum : 100 Marks

Answer All questions

I. Essays Questions: (2X15=30)

1. Write various definitions of yoga. Add a note on Bahiranga Yoga.
2. What is Asana? Write the classification of Asanas and Rules & Regulations.

II. Short Notes: (10x5=50)

1. Laya yoga.
2. Nadishodhanapranayama.
3. Sankhya philosophy.
4. Patanjali.
5. Sutra Neti.
6. Janusirasasana.
7. Abdominal Breathing.
8. Trirathnas.
9. Vrckshasana.
10. Hiranyagarbha Yoga.

III. Short Answers: (10x2=20)

1. Upapranas.
2. Contra-indications of Ardhamatsyendrasana.
3. Four noble truths of Buddhism.
4. Types of Kumbhakas.
5. Vyagrasana.
6. Thirthankaras.
7. Indications of Kunjal Kriya.
8. Nine modes of Bakthiyoga.
9. Chakras.
10. Name the Asanas which improves concentration.

FIRST B.N.Y.S. DEGREE EXAMINATION
PAPER II – PHILOSOPHY & PRACTICE OF YOGA
Q.P. Code : 821502

Time: Three hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 X 15 = 30)

1. Discuss the ancient historical highlights and development of yoga in modern age in detail.
2. Explain Astanga yoga of patanjali with necessary slokas.

II. Short Notes:

(10 X 5 = 50)

1. Procedure, Indication & contraindications of JALANETI.
2. Nadishodhana Pranayama.
3. Vyasa's commentary on Patanjali yoga.
4. Buddhism.
5. Sectional Breathing.
6. Rules and regulations for practicing Asanas.
7. Bakthi yoga.
8. Sarvangasana Vs Shirshasana.
9. Hiranyagarbha yoga.
10. Define: Pranayama. Note on all 8 classical pranayamas.

III. Short Answers:

(10 X 2 = 20)

1. Pancha Pranas.
2. Yama.
3. Kunjal kriya.
4. Neck exercises.
5. "Janu – Naman"
6. Define : chakras.
7. Laya yoga.
8. Vitarka.
9. Fourth variety of Pranayama as mentioned by Patanjali.
10. Swami Shivananda and his important Disciples.

FIRST B.N.Y.S. DEGREE EXAMINATION
PAPER II – PHILOSOPHY AND PRACTICE OF YOGA

Q.P. Code : 821502

Time: Three Hours

Maximum : 100 Marks

I. Essay Questions:

(2 x 15 = 30)

1. Define Shatkriya and its types? Explain in detail about Jalaneti?
2. Explain Post Patanjali development in Yoga.

II. Short Notes on:

(10 x 5 = 50)

1. Astanga Yoga
2. Jainism and Yoga.
3. Paschimottanasana.
4. Triratnas.
5. Abdominal Breathing.
6. Triyakatadasana.
7. Classification of yogasanas.
8. Layayoga and Mantrayoga.
9. Nadishodhana Pranayama.
10. Meditation.

III. Short Answers on:

(10 x 2 = 20)

1. Karmayoga.
2. Hinayana and Mahayana.
3. Kapalbhathi.
4. Tantras.
5. Name the Asanas that stimulates Thyroid gland.
6. Indications of Naukasana.
7. Dharana.
8. Locustpose.
9. Chakras.
10. Contraindications of Kunjal kriya.

FIRST B.N.Y.S. DEGREE EXAMINATION
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. Discuss six systems of ancient Indian Philosophy in detail.
2. Enumerate Variations of konasana. Explain its procedures and Benefits.

II. Write Notes on:

(10 x 5 = 50)

1. Karma yoga and Emotional culture.
2. Chakrasana Procedure and Benefits.
3. Procedure of Anuloma, Viloma, Prathiloma Pranayama.
4. Concepts of yoga in Upanisads.
5. Jainism and Yoga.
6. Asana Vs Exercises.
7. Definitions of Yoga.
8. Yoga – Body - Breath – Mind connection.
9. Describe the concepts of Chakras.
10. Sankhya philosophy.

III. Short Answers on:

(10 x 2 = 20)

1. Panchakoshas.
2. Bahiranga yoga.
3. Classify Asanas.
4. Nadis.
5. Components of Pranayama.
6. Simhasana.
7. Name the Upanisads.
8. Shad Darshanas.
9. How to stop citta vrittis?
10. Procedure of Gomukasana.

FIRST B.N.Y.S. DEGREE EXAMINATION
PAPER II – PHILOSOPHY AND PRACTICE OF YOGA

Q.P. Code : 821502

Time: Three Hours

Maximum : 100 Marks

I. Essay Questions:

(2 x 15 = 30)

1. Define Ancient and Modern definition of Yoga and History of yoga according to Upanishads.
2. Define Pranayama. Explain Pranic body and Various types of Pranayama.

II. Write Notes on:

(10 x 5 = 50)

1. Antaranga yoga.
2. Eye Exercise.
3. Hiranyagarbha yoga.
4. Sectional breathing.
5. Matsyasana – procedure.
6. Styles of contemporary yoga.
7. Kundalini yoga.
8. Garudasana.
9. Sutraneti – procedure.
10. Define Relaxative Asanas and give suitable examples.

III. Short Answers on:

(10 x 2 = 20)

1. Define Yoga according to Lord Krishna.
2. Upapranas.
3. Counterpose.
4. Hatha yoga.
5. Tirthankaras.
6. Benefits of Jalaneti.
7. Dhauti.
8. Ajna chakra.
9. Indications of Ardhamatsyendrasana.
10. Simhasana.

[LJ 1502]

OCTOBER 2016

Sub.Code :1502

FIRST B.N.Y.S. DEGREE EXAMINATION
PAPER II – PHILOSOPHY AND PRACTICE OF YOGA

Q.P. Code : 821502

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essays Questions:

(2 x 15 = 30)

1. Define Yoga? Explain in detail about History of yoga according to Upanishads.
2. What is Pranayama? Explain pranic body and its Spiritual Aspirants. Add a note on Rules and Regulations for practicing Pranayama.

II. Write Notes on:

(10 x 5 = 50)

1. Asanas Vs Exercise.
2. Developments in yoga after patanjali.
3. Jalaneti Procedure.
4. Katichakrasana Procedure.
5. History of Jainism.
6. Hatha yoga.
7. Write the procedure and benefits of Eye Exercises.
8. Antharanga yoga.
9. Gomukasana – Procedure.
10. Anuloma, viloma Pranayama.

III. Short Answers on:

(10 x 2 = 20)

1. Tantras.
2. Pancha koshas.
3. Procedure of Sarvangasana.
4. Mantra Meditation.
5. Dolasana Procedure.
6. Write any two yoga sutras from Sadhanapada.
7. Contraindication of Padahasthasana.
8. Name the four Relaxative Asanas.
9. Clavicular Breathing.
10. Pratyahara sloka and meaning.
