

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. Explain in detail about Systematization of Yoga by Sage Patanjali.
2. What is Asana? Write the classification of Asanas. Add a note on the rules, regulations and limitations for the Practice of Asanas.

II. Write notes on:

(10 x 5 = 50)

1. Hatha Yoga.
2. Sankhya philosophy.
3. Halasana and its effects.
4. Thoracic breathing.
5. Gajakarni-Procedure, Indications and Contraindications.
6. Marjariasana
7. Pranayama and its spiritual Aspirants.
8. Anuloma – Viloma.
9. Buddhism and yoga.
10. Yoga – the mind, body Connection.

III. Short Answers on:

(10 x 2 = 20)

1. Niyama.
2. Trataka.
3. Panchapranas.
4. Bakthiyoga.
5. Vrksahasana.
6. Types of Kumbhaka.
7. Chakkichalana..
8. Jalaneti and its Contraindications.
9. Define Yoga according to Swami Shivananda.
10. Difference between Swethambaras and Digambaras.

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

II. Write 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.

[LK 1502]

MAY 2017

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. Essay Questions:

(2 x 15 = 30)

1. Describe in detail about Pathanjalis Astanga Yoga and write the purpose of Astanga Yoga.
2. What is Asana? Explain the rules, regulations and Limitations for the Practice of Asana. Add a note of importance of Asanas in Yogic Curriculum.

II. Write Notes on:

(10 x 5 = 50)

1. Sankhya Yoga.
2. Chest breathing.
3. Hatha Yoga and Kundalini yoga.
4. Sectional Breathing.
5. Bhujangasana.
6. Trirathnas.
7. History of yoga according to Puranas and Epics.
8. Shasankasana and its effects.
9. Anuloma – viloma.
10. Jalaneti.

III. Short Answers on:

(10 x 2 = 20)

1. Who is the Father of Modern yoga and write the three great Teachers of contemporary yoga?
2. Januchakra.
3. Indications of Naukasana.
4. Give some examples for Relaxative Asanas.
5. Define yoga according to Swami Shivananda.
6. What is Tantras?
7. Upapranas.
8. Define Bahiranaga yoga.
9. What are the Nine modes of Devotion in Bakthi yoga?
10. Difference between kunjla kriya and Gajakarani.

[LL 1502]

OCTOBER 2017

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. Pathanjali's Astanga yoga in detail and write about Upanishads?
2. What is Kundalini? Explain the pranic body and its spiritual aspirants. Add a note on rules and Regulations and Limitations for practice of Pranayama?

II. Write Notes on:

(10 x 5 = 50)

1. Karma Yoga.
2. Sutra Neti – Procedure and its benefits.
3. Ushtrasana – Procedure, Indications and Contraindications.
4. Antaranga Yoga.
5. Eye Exercise and Precaution.
6. Buddhism and yoga.
7. Clavicular Breathing.
8. Styles of Contemporary yoga.
9. Classification of yogasanas.
10. Abdominal Breathing.

III. Short Answers on:

(10 x 2 = 20)

1. What is Bakthi yoga?
2. Indications of Sarvangasana.
3. How many Padas and sutras are there in Patanjali yoga sutras.
4. What do you mean by "Ha" and "Tha".
5. What is chakra and Name the Seven chakras?
6. Contraindications of Dhanurasana.
7. Panchakoshas.
8. What is Jalaneti? Write the contraindication of it.
9. Difference between Swethambaras and Diagambaras.
10. Name the yoga that represents "Golden Embryo".

[LM 1502]

MAY 2018

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. Essay Questions:

(2 x 15 = 30)

1. What is yoga? Write the various objects of yoga and explain modern trends in yoga.
2. a) Define shatkriya? Write the Preparatory practice for Jalaneti.
b) Explain in detail about Gajakarni.

II. Write Notes on:

(10 x 5 = 50)

1. Pranic Body.
2. Shakthibandasana.
3. Jainism and yoga.
4. Laya Yoga and Mantra yoga.
5. Paschimottanasana and its effects.
6. Bahiranaga yoga.
7. Abdominal Breathing.
8. Asana and Exercise – Difference.
9. Hiranya garbha Yoga.
10. Define Meditative Asanas and give suitable examples.

III. Short Answers on:

(10 x 2 = 20)

1. What is Counterpose and give examples?
2. What is Nadi? Name the three important Nadis.
3. Karma yoga according to Bhagavadgitha.
4. What is Sutra Neti and write its contraindication?
5. Yoga and Animal posture.
6. Tirthankaras.
7. Write the other name for Chakkichalana and its Benefits.
8. Name any five styles of contemporary yoga.
9. Tantras.
10. What are the 3 jewels in Buddhism?

[LN 1502]

OCTOBER 2018

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. Essay Questions:

(2 x 15 = 30)

1. Elaborate the history of yoga – Indus valley civilization, Veda, Upanishads and Puranas.
2. Write about Sankhya and Yoga and explain the contribution of Vyasa's commentary to Patanjali yoga.

II. Write Notes on:

(10 x 5 = 50)

1. Vipareetha karani.
2. Differentiate natural breathing and abdominal breathing.
3. Yogic exercises.
4. Anuloma viloma pranayama.
5. Chakrasana.
6. Prana and lifestyle.
7. Cooling pranayama.
8. Science of pranayama.
9. Systematization of yoga by sage Patanjali.
10. Yogasanas and body mind connection.

III. Short Answers on:

(10 x 2 = 20)

1. Pranic body.
2. Dynamic yogasana.
3. Contraindications of Utkatasana.
4. Indications of Shalabasana.
5. Role of prana in health.
6. Clavicular breathing.
7. Samadhi pada.
8. Visudhi chakra.
9. Define Sukshma Vyayama.
10. Name the advanced asanas.

[LO 1502]

MAY 2019

Sub. Code: 1502

FIRST B.N.Y.S. DEGREE EXAMINATION

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. Write the developments in yoga after Patanjali and explain the scientific aspects of yoga.
2. Write about Pranayama. Add a note on the rules and regulations for practice of Pranayama.

II. Write Notes on: (10 x 5 = 50)

1. Astanga Yoga.
2. Kriyas.
3. Kundalini Yoga.
4. Differentiate breathing exercise and pranayama.
5. History of yoga before the time of Patanjali.
6. Karma Yoga.
7. Yogic Breathing.
8. Yoga Mudra.
9. Gajakarni.
10. Siddha yoni asana.

III. Short Answers on: (10 x 2 = 20)

1. Types of prana.
2. Outline the branches of Yoga.
3. Benefits of Jala neti.
4. Define Prana.
5. Name the different types of relaxation techniques.
6. Eye exercises.
7. Contraindications of Halasana.
8. Rechaka and pooraka.
9. Natural breathing.
10. Indications of Gomukhasana.

[LP 1502]

OCTOBER 2019

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. Essay Questions:

(2 x 15 = 30)

1. Write in detail about the branches of yoga and explain Astanga yoga.
2. History of yoga and explain modern trends in yoga.

II. Write Notes on:

(10 x 5 = 50)

1. Shashankasana.
2. Define Pranayama and its role in human body and mind.
3. Differentiate Yogasanas and exercises.
4. Pratiloma pranayama.
5. Role of prana in yogasana and pranayama.
6. Hatha yoga.
7. Role of chakras in yoga.
8. Matsyasana.
9. Recent developments in yoga.
10. Research studies in Yoga.

III. Short Answers on:

(10 x 2 = 20)

1. Name the intermediate group of asanas.
2. Indications of Vrksasana.
3. Contraindications of Pawanamuktasana.
4. Thoracic breathing.
5. Benefits of Neti.
6. Yama.
7. Benefits of Bhastrika pranayama.
8. Mooladhara chakra.
9. Name the sukshma vyayama for osteoarthritis.
10. Ida and pingala nadi.

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

[BNYS 0321]

MARCH 2021

Sub. Code: 1502

(MAY 2020 & AUGUST 2020 SESSION)

B.N.Y.S. DEGREE EXAMINATION

FIRST YEAR (From the academic year 2013-14) – PART I

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. Explain Patanjali's Ashtanga yoga with necessary slokas.
2. What is Asana and classify it? Explain the rules, regulations and limitations for the practice of asanas.

II. Write Notes on:

(10 x 5 = 50)

1. Ardhamatsyendrasana.
2. Jainism and yoga.
3. Kunjal kriya.
4. Hatha yoga.
5. Abdominal breathing.
6. Styles of contemporary yoga.
7. History of yoga according to epics, puranas and smriti literature.
8. Yoga – the mind body connection.
9. Shalabasana – procedure, indication and contra indication.
10. Define Pranayama, write about the Prana and life span.

III. Short Answers on:

(10 x 2 = 20)

1. Tantra.
2. Pancha pranas.
3. Dharana.
4. Chakras and its location.
5. Vyagarasana.
6. Basti.
7. Two slokas from Sadhana pada.
8. Shad darshana.
9. Karma yoga.
10. Difference between Swethambaras and Digambaras.

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.

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

[BNYS 0322]

**MARCH 2022
(FEBRUARY 2021 & MAY 2021 SESSIONS)**

Sub. Code: 1502

**B.N.Y.S. DEGREE EXAMINATION
FIRST YEAR – PART I
(For the candidates admitted from the academic year 2011-12)
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. Write about the systematization of yoga by sage Patanjali and explain in detail about the post Patanjali development in yoga.
2. Explain in detail about the Philosophy of Sankhaya, Buddhism, Jainism and Yoga.

II. Write Notes on:

(10 x 5 = 50)

1. Meru Vakrasana.
2. Explain Noble Truth.
3. Abdominal breathing exercise.
4. Locust pose.
5. Lolasana & Utthita Lolasana.
6. Jain ethics.
7. Gajakarni.
8. Samyama.
9. Vrikshasana benefits.
10. Yogasana and exercise.

III. Short Answers on:

(10 x 2 = 20)

1. Tantra.
2. Pre-Meditative asanas.
3. Shankhaprakshalana Asanas.
4. Contraindication of Vipareethakarni.
5. Sharira & its types.
6. Trimurtis.
7. Pratyahara.
8. Mind sheath.
9. Ishvara Pranidhana.
10. Types of sufferings.

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

[BNYS 0522]

MAY 2022

Sub. Code: 1502

(AUGUST 2021 & OCTOBER 2021 SESSIONS)

B.N.Y.S. DEGREE EXAMINATION

FIRST YEAR – PART I

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

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. Write in detail about the branches of yoga and explain Astanga yoga.
2. History of yoga and explain modern trends in yoga.

II. Write Notes on:

(10 x 5 = 50)

1. Shashankasana.
2. Define Pranayama and its role in human body and mind.
3. Differentiate Yogasanas and exercises.
4. Pratiloma pranayama.
5. Role of pranayama.
6. Hatha yoga.
7. Role of chakras in yoga.
8. Matsyasana.
9. Recent developments in yoga.
10. Research studies in Yoga.

III. Short Answers on:

(10 x 2 = 20)

1. Name the intermediate group of asanas.
2. Indications of Vrksasana.
3. Contraindications of Pawanamuktasana.
4. Thoracic breathing.
5. Benefits of Neti.
6. Yama.
7. Benefits of Bhastrika pranayama.
8. Mooladhara chakra.
9. Name the sukshma vyayama for osteoarthritis.
10. Ida and pingala nadi.

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

[BNYS 1022]

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

Sub. Code: 1502

**B.N.Y.S. DEGREE EXAMINATION
FIRST YEAR – PART I
(For the candidates admitted from the academic year 2011-12)
PAPER II – PHILOSOPHY & PRACTICE OF YOGA
Q.P. Code : 821502**

Time: Three Hours

Answer ALL questions

Maximum : 100 Marks

I. Essay Questions: (2 x 15 = 30)

1. Write various definitions of Yoga and elaborate the history of Yoga according to Vedas and Upanishads.
2. Define Pranayama. Explain the pranic body and spiritual aspirants. Note on rules, regulations and limitations for the practice of pranayama.

II. Write Notes on: (10 x 5 = 50)

1. Procedure, indications and contra indications of Jalaneti.
2. Kundalini.
3. Vrksasana.
4. Buddhism.
5. Nadishodhana pranayama.
6. Eye exercise.
7. Clavicular breathing.
8. Yamas with slokas.
9. Vyasa's commentary on Patanjali yoga.
10. Yoga Upanishads.

III. Short Answers on: (10 x 2 = 20)

1. Define Bahiranga yoga.
2. Pancha Pranas.
3. Nadis.
4. Laya yoga.
5. Janu-Naman.
6. Contra-indication of Sarvangasana.
7. Swadhistana chakra.
8. Counter pose.
9. Tri ratnas.
10. Difference between Kunjal kriya and Gajakarni.

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

[BNYS 0323]

MARCH 2023

Sub. Code: 1502

(AUGUST 2022 & OCTOBER 2022 EXAM SESSIONS)

B.N.Y.S. DEGREE EXAMINATION

FIRST YEAR – PART I

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

PAPER II – PHILOSOPHY & PRACTICE OF YOGA

Q.P. Code: 821502

Time: Three Hours

Answer ALL questions

Maximum : 100 Marks

I. Essay Questions:

(2 x 15 = 30)

1. Write in detail about the anti- Rheumatic group of asanas with diagram.
2. Explain in detail about the Patanjali's astanga yoga.

II. Write Notes on:

(10 x 5 = 50)

1. Chakras.
2. Yogasanas and Kundalini.
3. Dolasana and Lolasana.
4. Dynamic spinal twist.
5. Theory of karma.
6. Yogic breathing.
7. Laya Yoga.
8. Swadhisthana Chakra.
9. Chitta Vrittis.
10. Hiranyagarbha yoga.

III. Short Answers on:

(10 x 2 = 20)

1. Four aspects of pranayama.
2. Sloga for samyama.
3. Asanas which is related to Nature.
4. Bakthi yoga.
5. Indication of ustrasana.
6. Obstacles in the path of yoga.
7. Jnanendriyas.
8. Shatkarma.
9. Balancing asanas.
10. Purusha.

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

[BNYS 0923]

**SEPTEMBER 2023
(MAY 2023 EXAM SESSION)**

Sub. Code: 1502

**B.N.Y.S. DEGREE EXAMINATION
FIRST YEAR – PART I
(For the candidates admitted from the academic year 2011-12)
PAPER II – PHILOSOPHY & PRACTICE OF YOGA**

Q.P. Code: 821502

Time: Three Hours

Answer ALL questions

Maximum : 100 Marks

I. Essay Questions:

(2 x 15 = 30)

1. Define yoga and write about the classification of Yogasanas and explain how the practice of yogasanas connect with body, mind, prana of kundalini?
2. Explain in detail about the philosophy of lord buddha.

II. Write Notes on:

(10 x 5 = 50)

1. What is yoga and various definitions of yoga?
2. Siddha Yoni asana.
3. Recent development in yoga.
4. Virabhadrasana and its variation.
5. Purpose of Sankhya Philosophy.
6. Sutra Neti.
7. Benefits of Kawa Chalasana.
8. Define ashtanga yoga and explain in detail.
9. Spinal twisting Asanas.
10. Pranic body.

III. Short Answers on:

(10 x 2 = 20)

1. Features of jainism.
2. Classification of Chakras.
3. Universal principles.
4. Patanjali.
5. Nadis.
6. Karma yoga.
7. Animal postures.
8. Padanguli Naman.
9. Beeja mantra for swadhisthana chakra.
10. Kaphala bhati.

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

[BNYS 0124]

JANUARY 2024

Sub. Code: 1502

(JUNE 2023 / OCTOBER 2023 EXAM SESSIONS)

B.N.Y.S. DEGREE EXAMINATION

FIRST YEAR PART - I

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

PAPER II – PHILOSOPHY & 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 contemporary yoga, Scientific and textual research studies?
2. Define Pranayama. Explain the pranic body and spiritual aspirants. Note on rules, regulations and limitations for the practice of Pranayama.

II. Write Notes on:

(10 x 5 = 50)

1. Samakonasana.
2. Buddhism.
3. Layayoga.
4. Gomukhasana.
5. Nadi shodhana pranayama.
6. Asanas Vs. Exercises.
7. Shalabhasana – Procedure.
8. Vamana Dhauti.
9. Hiranyagarbha Yoga.
10. Six systems of Ancient Indian Philosophy.

III. Short Answers on:

(10 x 2 = 20)

1. Gajakarni kriya.
2. Nadis.
3. Vrikshasana.
4. Tantras.
5. Padadhirasana.
6. Name the Upanishads.
7. Trataka.
8. Justify salt using in Jalaneti.
9. Bakthiyoga.
10. Indications of Naukasana.

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

[BNYS 1024]

OCTOBER 2024

Sub. Code: 1502

B.N.Y.S. DEGREE EXAMINATION

FIRST YEAR - PART I

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

PAPER II – PHILOSOPHY & PRACTICE OF YOGA

Q.P. Code: 821502

Time: Three Hours

Answer ALL questions

Maximum: 100 Marks

I. Essay Questions:

(2 x 15 = 30)

1. Elaborate the history of yoga – Indus Valley Civilization, Brahmanas, Puranas and smriti literature.
2. Explain Shat Karma and its type. Explain in detail about Gajakarni.

II. Write Notes on:

(10 x 5 = 50)

1. Kundalini.
2. Paschimottanasana and its effects.
3. Jainism.
4. Clavicular Breathing.
5. Patanjali.
6. Raju Karshanasana.
7. Utkattasana.
8. Nadi Shodhana Pranayama.
9. Yoga Upanishads.
10. Bahiranga yoga with Slokhas.

III. Short Answers on:

(10 x 2 = 20)

1. Define Yoga according to Bhagavat Gita.
2. Pancha Pranas.
3. Triratnas.
4. Schools of Buddhism.
5. Shad darshan.
6. Benefits of doing Sutraneti.
7. Hathayoga.
8. Basti.
9. Goolf chakra.
10. Manipura Chakra.

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

[BNYS 0125]

**JANUARY 2025
(OCTOBER 2024 EXAM SESSION)**

Sub. Code: 1502

**B.N.Y.S. DEGREE EXAMINATION
FIRST YEAR - PART I
(For the candidates admitted from the academic year 2011-12)
PAPER II – PHILOSOPHY & PRACTICE OF YOGA**

Q.P. Code: 821502

Time: Three Hours

Answer ALL questions

Maximum: 100 Marks

I. Essay Questions:

(2 x 15 = 30)

1. Explain in detail about outline on the Branches of yoga.
2. Explain in detail about Shat kriyas.

II. Write Notes on:

(10 x 5 = 50)

1. Explain about sankhya and yoga.
2. Write about yogic breathing.
3. Explain about contribution of Vyasa's commentary to patanjali yoga.
4. Pranayama and spiritual aspirant.
5. Explain about energy block postures of yoga.
6. Eight fold path of Buddhism.
7. Rules and regulation of pranayama.
8. History of yoga – Epics and Smriti literature.
9. Kapalbhata pranayama.
10. Short note on procedure and other name of Mritasana.

III. Short Answers on:

(10 x 2 = 20)

1. Jain ethics.
2. Philosopher pose.
3. Define Yoga according to Maharishi Aurobindo.
4. Surya namaskara mantras and its meaning.
5. Yoga mudra contra indication.
6. Theory of Evolution.
7. Four aspects of pranayama.
8. Scientific and textual research studies in Yoga.
9. Nadi shodhana Pranayama – technique 2.
10. Modern trends in Yoga.

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

[BNYS 0725]

**JULY 2025
(MAY 2025 EXAM SESSION)**

Sub. Code: 1502

**B.N.Y.S. DEGREE EXAMINATION
FIRST YEAR - PART I
(For the candidates admitted from the academic year 2011-12)
PAPER II – PHILOSOPHY & PRACTICE OF YOGA**

Q.P. Code: 821502

Time: Three Hours

Answer ALL questions

Maximum: 100 Marks

I. Essay Questions:

(2 x 15 = 30)

1. Define Yoga. Write various definitions of yoga and elaborate the original system of yoga (Hiranyagrabha yoga).
2. Define asana according to patanjali yoga sutra and elaborate the classification of yogasana, rules and regulation for the yogasana practice.

II. Write Notes on:

(10 x 5 = 50)

1. Sankhya and yoga.
2. Add a note on Iyengar yoga.
3. Yogasanas and exercise.
4. Nadishodhana pranayama.
5. Thoracic breathing.
6. Eye exercise – its procedure and benefits.
7. Niyamas with slokas.
8. Padadhirasana and its benefits.
9. Describe about the pranic body.
10. Naukasana – procedure, awareness and its benefits.

III. Short Answers on:

(10 x 2 = 20)

1. Benefits of sarvangasana.
2. Contraindication for Ardha matsyendrasana.
3. Yoga sutra for pranayama.
4. Name any four animal yoga posture.
5. Ajna chakra – Location and its importance.
6. Name the upa pranas.
7. Triratnas.
8. Laya yoga.
9. Classify pranayama.
10. Define yoga according to Bhagavad Gita.

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

[BNYS 1025]

OCTOBER 2025

Sub. Code: 1502

B.N.Y.S. DEGREE EXAMINATION

FIRST YEAR - PART I

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

PAPER II – PHILOSOPHY & PRACTICE OF YOGA

Q.P. Code: 821502

Time: Three Hours

Answer ALL questions

Maximum: 100 Marks

I. Essay Questions:

(2 x 15 = 30)

1. Explain in detail about the group of asanas which can help with digestion.
2. Describe in detail about Patanjali's Ashtanga Yoga and write the purpose of Ashtanga Yoga.

II. Write Notes on:

(10 x 5 = 50)

1. Write about breath, health and pranayama.
2. Differences between Jainism and Buddhism.
3. Explain - Meru Vakrasana.
4. History of yoga and add a note on Indus valley civilization and Vedas.
5. Types of meditation and explain any one.
6. Explain - Thoracic breathing.
7. Explain about Nadis.
8. Prana and life style, breathing and life span.
9. Classification of Yogasana.
10. Write about Hiranyagarbha yoga.

III. Short Answers on:

(10 x 2 = 20)

1. Tantra.
2. Bhramari pranayama.
3. Thunderbolt pose.
4. Define Yoga, according to Bhagavad Gita.
5. Two angle pose asana.
6. Difference between yoga and exercises.
7. Karma Yoga.
8. Prakriti.
9. Four noble truths of Buddhism.
10. Pranic body.
