

FEBRUARY 2006

[KO 1512]

Sub. Code : 1512

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

Second Year

Paper IV — YOGA AND PHYSICAL CULTURE

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. Explain indetail about physiological effect of Asanas on Cardio-Vascular system and respiratory system add a note on surya namaskara and their effects. (5 + 5 +5)

2. Explain indetail about yoga and education. Add a note on yoga and personality development. (5 + 5 + 5)

II. Short notes : (10 × 5 = 50)

1. Difference between asanas and physical exercise. (1 + 2 + 2)
 2. Zen meditation and effects. (4 + 1)
 3. Nadis. (1 + 2 +2)
 4. Write about various teaching methods of yoga. (1 + 2 + 2)
 5. Compare and contrast yoga psychology and modern psychology. (1 + 1 + 1 + 1 + 1)
 6. Write about yogic contribution to religion. (4 +1)
 7. Write the technique and effect of Jalandhara Bandha. (3 + 2)
 8. Write the technique and contraindication of mayurasana. (2 + 2 + 1)
 9. Write the technique and effects of moorcha pranayama. (3 + 2)
 10. Chakras. (1 + 4)
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AUGUST 2006

[KP 1512]

Sub. Code : 1512

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

Second Year

Paper IV — YOGA AND PHYSICAL CULTURE — I

Time : Three hours

Maximum : 100 marks

Theory : Two hours and

Theory : 80 marks

forty minutes

M.C.Q. : Twenty minutes

M.C.Q. : 20 marks

Answer ALL questions.

Draw diagrams wherever necessary.

I. Long Essay :

1. (a) Define Meditation, its types, physiological changes in brain during meditation and add a note on transcendental meditation. (10)

(b) Define stress, types of stress, and tabulate koshas and stress relationships. (5)

(c) Write the most important one physiological effect for all the Shatkarmas. (5)

2. Tabulate the chakras with all the twenty three features. (15)

3. Write the differences between yogasanas and physical exercises in relation to its nature and all the systems of the body. (15)

II. Short notes on :

(6 × 5 = 30)

1. Name the asanas and chakras involved in Suryanamaskar.

2. Obstacles in Dharana and different levels of dharana according to Yoga upanishads.

3. Various definitions of yoga.

4. Write on Adhara mudras – any two.

5. Indications and contraindications of bandhas.

6. Kaphalabati pranayama and panchapranas and its functions.

FEBRUARY 2007

[KQ 1512]

Sub. Code : 1512

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

Second Year

Paper IV — YOGA AND PHYSICAL CULTURE — I

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 Kundalini and explain in detail about Kundalini Yoga. (4 + 16 = 20)

2. What is Religion? Explain in detail about Yoga and Religion? (5 + 10)

3. Explain Effect of Asanas on Muscular System, Skeletal System and Respiratory System. (5 + 5 + 5 = 15)

II. Short notes :

(6 × 5 = 30)

1. Effect of Asanas on Cardio Vascular System.

2. Yoga and Pregnancy.

3. Yoga Teaching Methods.

4. Nadis.

5. Meditation and their scientific evaluation.

6. Mayurasana.

AUGUST 2007

[KR 1512]

Sub. Code : 1512

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

Second Year

Paper IV — YOGA AND PHYSICAL CULTURE — I

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. What is Education? Explain in detail about yoga in relation to education and personality development.

2. What is Kundalini? Explain in detail about kundalini-yoga.

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

1. Effect of Asanas on Cardio vascular and Respiratory system.

2. Transcendental meditation.

3. Compare and contrast yoga and physical exercise.

4. Vipasan Meditation.

5. Shanka prakshalana.

6. Teaching methods in Yoga.

7. Yoga and Religion.

8. Yoga and Pregnancy.

9. Differentiate between yoga psychology and modern psychology.

10. Nadis.

FEBRUARY 2008

[KS 1512]

Sub. Code : 1512

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

Second Year

Paper IV — YOGA AND PHYSICAL CULTURE — I

Q.P. Code : 821512

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. Explain in detail the rules and regulations for Asanas, Pranayama and other Yogic practices.

2. Classify Asanas. Describe the differences between Yoga practices and physical exercises.

II. Short Notes :

(10 × 5 = 50)

1. What is the role of Yoga in personality development?

2. How does yoga help for woman in all phases of life?

3. Contribution of yoga for children.

4. Yoga for elderly people.

5. Yoga and education.

6. Yoga and stress management.

7. Importance of Pratyaharas.

8. Physiological effects of right nostril yoga breathing.

9. Panchakoshas.

10. Dharana.

August 2008

[KT 1512]

Sub. Code : 1512

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

Second Year

Paper IV — YOGA AND PHYSICAL CULTURE – I

Q.P. Code : 821512

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

I. Long Essay : (2 × 15 = 30)

1. Tabulate the 23 features of any five chakras and draw and colour swadhisthana and Ajna chakras.

2. Importance of yoga for :

(a) Children

(b) Elders

(c) Women.

(5 + 5 + 5)

August 2008

II. Short notes : (10 × 5 = 50)

1. Difference between Siddhasana, Vajrasana, Muktasana and Guptasana.
2. Mitahara.
3. Tabulate different manifestations representing sushumna, ida and pingala.
4. Pranic body – Explain with diagram.
5. Contraindications of pranayamas of any five.
6. Dharana techniques, symbols.
7. Classify five groups of mudras add a note on Manduki mudra.
8. Shanka prakshalana.
9. Twin heart meditation.
10. Contraindications of bandhas.

III. Write short answers : (10 × 2 = 20)

1. Who is called Bhramachari?
2. Aim of Hatha yoga.
3. Write the progressive ratio's of Nadi shodana.

4. Name Ten Niyama according to Hatha Yoga.

5. According to which texts the nadis are 3,50,000, 3,00,000 and 72,000 respectively.

6. Name the combination of two forces in all living matter.

7. Which is the first prerequisite for the practices of Pranayama, Mudra, Bandha, Dharana and Dhyana?

8. Food for practising pranayama according to Gherand Samhita.

9. Name the authors/yogis who have written Hatha-Rathnavali and Ghoraksha Samhita.

10. Ten yamas according to Hatha Yoga Pradhipika.

[KU 1512]

Sub. Code : 1512

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

Second Year

Paper IV — YOGA AND PHYSICAL CULTURE — I

Q.P. Code : 821512

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

I. Long Essay : (2 × 15 = 30)

1. Practice of Sankha prakshalana and its effects.
2. Psychology of yoga in comparison to modern psychology.

II. Short notes : (10 × 5 = 50)

1. Preksha meditation.
2. Zen meditation.
3. Physiological effect of Asana on muscular system.
4. Write about any five mudras.

5. Physiological effects of Pranayama.

6. Kapalabhati and its benefits.

7. Bramhakumari's meditation.

8. Yoga and Religion.

9. Yoga and Science.

10. Write any five researches done on physiological aspects of yogasana, pranayama, meditation, concentration, relaxation, kriyas.

III. Write short answers : (10 × 2 = 20)

1. Mayurasana procedure.

2. Method of practice of Paswini mudra.

3. Dhanda Dhauti.

4. Write about any two bandha.

5. Bhastrika pranayama.

6. Method of awakening different chakras.

7. Steps of surya namaskar.

8. Contra indications of vaman dhauti.

9. Extra ordinary practices in yoga.

10. Practice of vakrasana.

[KV 1512]

Sub. Code : 1512

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

Second Year

Paper IV — YOGA AND PHYSICAL CULTURE — I

Q.P. Code : 821512

Time : Three hours Maximum : 100 marks

Answer ALL questions.

I. Long Essay : (2 × 15 = 30)

1. (a) What is Kundalini? Write the spiritual and physiological aspects of Kundalini.

(b) Qualities and importance of Mooladhara and Manipura Chakra.

(c) Dangers of Kundalini.

2. Suryanamaskar and its importance in health and disease conditions.

II. Short notes on : (10 × 5 = 50)

1. Difference between yoga and physical exercise.

2. Stress and its management.

3. Types of prana and their functions.

4. Recent researches on physiological aspects of meditation.

5. Dharana.

6. Nadis.

7. Andhara Mudras.

8. Sphinx Asana and Advasana.

9. Contra indications of all Shatkarmas.

10. Yoga for children.

III. Short Answers : (10 × 2 = 20)

1. Sarvangasana procedure.

2. Vamana Dhauti

3. Method of practice of Aswini Mudra.

4. Types of Prana and functions.

5. Ujjai Pranayama.

6. Different chakras, its seat, its qualities.

7. Misconceptions of yoga.

8. Four stages of sadaka.

9. Nadis and upanadis.

10. Practice of Sirshasana.

February 2010

[KW 1512]

Sub. Code: 1512

B.N.Y.S DEGREE EXAMINATION.

(New Regulations)

Second Year

Paper IV – YOGA AND PHYSICAL CULTURE - I

Q.P. Code : 821512

Time : Three hours

Maximum : 100 marks

I. Essay :

(2 x 15 = 30)

1. Meditation in detail.
2. Pranayama in detail.

II. Short Notes on :

(10 x 5 = 50)

1. Chandranamaskar mantras.
2. Patanjali.
3. Prathyahara.
4. Neuro muscular effects of Bhandas.
5. Shankaprakshalana.
6. Ashwini Mudra.
7. Draw Swathisthana and its Mantra.
8. Suryanamaskar Mantra.
9. Draw Manipura and its Mantra.
10. Disadvantages of Asanas in children.

III. Short Answers on:

(10 x 2 = 20)

1. What is Hatha Yoga?
 2. Tantra.
 3. Name the Kriya that helps one to get rid of urinary diseases.
 4. Factors which destroys yoga.
 5. Six obstacles of yoga.
 6. Six causes which bring success in Yoga.
 7. Ten Yamas according to Hatha Yoga.
 8. Ten Niyamas according to Hatha Yoga.
 9. Eleven Yogic Diet – Just mention.
 10. Contraindications of Bandhas.
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August 2010

[KX 1512

Sub. Code: 1512

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

Second Year

Paper IV – YOGA AND PHYSICAL CULTURE - I

Q.P. Code : 821512

Time : Three hours

Maximum : 100 marks

Draw neat diagram wherever necessary.

Answer ALL questions.

I. Essay Questions:

(2 x 15 = 30)

1. Difference between Yogic and Physical Exercise.
2. Write about the steps of Suryanamaskara and their effects in health and disease.

II. Short Notes:

(10 x 5 = 50)

1. Meditation used to cure Haemorrhoids.
2. Types of pranayamas and their functions.
3. Vamana Dhauti.
4. Procedure and Indications of Natvarasana.
5. Contraindications of Kapalabhati.
6. Yoga and Ayurveda.
7. Yoga and Stress management.
8. Five groups of Mudras.
9. NAIDS.
10. Qualities of different Chakras.

III. Short Answers:

(10 x 2 = 20)

1. Signs of Kundalini awakening.
 2. Asanas indicated for the growth of children.
 3. Asanas contraindicated for old age.
 4. Transcendental meditation.
 5. Moorchha.
 6. Maha Mudra.
 7. Sambhavi Mudra.
 8. Susumna.
 9. Shatkriyas.
 10. Meditation vs Concentration.
-

February 2011

[KY 1512]

Sub. Code : 1512

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

Second Year

Paper IV — YOGA AND PHYSICAL CULTURE — I

Q.P. Code : 821512

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

I. Essay : (2 × 15 = 30)

1. Psycho-physiological effects of meditation.
2. Chakras, their locations and qualities. Explain the methods to activate these chakras.

II. Short notes : (10 × 5 = 50)

1. Mudras.
2. Kapal bhati.
3. Preksha meditation.
4. Effects of asanas on cardio-vascular system.
5. Suryanamaskaras.
6. Yoga for the elderly.
7. Jalandhara bandha.
8. Mayurasana.
9. Personality development and Yoga.
10. Pranayama and its effect on lung capacity.

III. Short Answers :

(10 × 2 = 20)

1. Vipassana Meditation.
 2. Pratyahara.
 3. Plavani.
 4. Sambhavi Mudra.
 5. Dharana.
 6. Neti-indications.
 7. Yoga and Ayurveda.
 8. Zen Meditation.
 9. Niyamas.
 10. Sabija and Nirbija Samadhi.
-

August 2011

[KZ 1512]

Sub. Code : 1512

B.N.Y.S. DEGREE EXAMINATION.

Second Year

Paper IV — YOGA AND PHYSICAL CULTURE — I

Q.P. Code : 821512

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

I. Essay : (2 × 15 = 30)

1. Shakti Bandha Asanas (Energy Block Postures).
2. Tabulate twenty three features of all chakras.

II. Short notes : (10 × 5 = 50)

1. Adhara Mudras.
2. Write the fourth Techique of Nadi Shodhana.
3. Jalandhara Bandha.
4. Laghoo Shanka prakshalana.
5. Different Names of Nadis and kundalini.
6. Misconceptions of Yoga.
7. Physical Fitness.
8. Yoga teaching methods.
9. Draw Vishuddhi and write its beeja mantra.
10. Draw Anahata and name the beeja mantra.

III. Short Answers : (10 × 2 = 20)

1. Three groups of Pawanmuktasanas.
 2. Why Yoga Mudra is called so?
 3. What is the concept of counter pose practicing in asanas?
 4. Name the powerful form of Neti and the meanings of Dugdha and Ghrita Neti.
 5. Define Mitahara and name the foods which are prohibited for the yogis.
 6. Vyutkrama kapalbhati.
 7. Sahita Pranayama.
 8. Name Ten Mudras which destroy old age and death according to Hatha Yoga pradiipika.
 9. Kumbhaka according to Hatha Yoga Pradiipika.
 10. Name the fourth text on Hatha yoga and its author.
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February 2012

[LA 1512]

Sub. Code: 1512

B.N.Y.S. DEGREE EXAMINATION.

Second Year

Paper IV- YOGA AND PHYSICAL CULTURE-I

Q.P. Code: 821512

Time: Three Hours

Maximum: 100 marks

Answer ALL questions

I. Elaborate on:

(2x15=30)

1. Explain about shat-kriyas, classifications and physiological effects.
2. Psycho-physiological effects of Meditation?

II. Write notes on:

(10x5=50)

1. Bandhas.
2. Kpalabhati.
3. Effects of asanas on respiratory system.
4. Yoga training and physical fitness.
5. Yoga and education
6. Procedure, indication and contraindication, caution of Bhujangasana.
7. Five groups of mudras.
8. Psychology of yoga in comparison to modern psychology
9. Kundalini
10. Yoga and consciousness.

III. Short Answers

(10x2=20)

1. Benefits of Eka pada pranamasana.
2. Benefits of suryanamaskara
3. Write any two differences between yogasana and physical exercise.
4. Name the asanas practiced during sankhaprakhasana
5. Ajna chakra and its importance.
6. Yoga and ayurveda
7. Benefits of Bhramari pranayama.
8. Vipareeta karani mudra
9. Moola bandha
10. Yoga and science.

[LB 1512]

Sub. Code: 1512

SECOND B.N.Y.S. DEGREE EXAM – AUGUST 2012

Paper – IV YOGA AND PHYSICAL CULTURE – I

Q.P. Code: 821512

Time: 180 Minutes

Maximum: 100 marks

Answer ALL questions

I. Elaborate on:

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

- | | | | |
|---|----|----|----|
| 1. Shakti Bandha Asanas (Energy Block Postures). | 16 | 25 | 15 |
| 2. Tabulate twenty three features of all chakras. | 16 | 25 | 15 |

II. Short notes on:

- | | | | |
|---|---|---|---|
| 1. Adhara Mudras. | 3 | 8 | 5 |
| 2. Write the fourth Technique of Nadi Shodhana. | 3 | 8 | 5 |
| 3. Jalandhara Bandha. | 3 | 8 | 5 |
| 4. Laghu Shanka prakshalana. | 3 | 8 | 5 |
| 5. Different Names of Nadis and Kundalini. | 3 | 8 | 5 |
| 6. Misconceptions of Yoga. | 3 | 8 | 5 |
| 7. Physical Fitness. | 3 | 8 | 5 |
| 8. Yoga teaching methods. | 3 | 8 | 5 |
| 9. Draw Vishuddhi and write its beeja mantra. | 3 | 8 | 5 |
| 10. Draw Anahata and name the beeja mantra. | 3 | 8 | 5 |

III. Short Answers on:

- | | | | |
|--|---|---|---|
| 1. Three groups of Pawanmuktasanas. | 1 | 5 | 2 |
| 2. Why Yoga Mudra is called so? | 1 | 5 | 2 |
| 3. What is the concept of counter pose practicing in asanas? | 1 | 5 | 2 |
| 4. Name the powerful form of Neti and the meanings of Dugdh and Ghrita Neti. | 1 | 5 | 2 |
| 5. Define Mitahara and name the foods which are prohibited for the yogis. | 1 | 5 | 2 |
| 6. Vyutkrama kapalbhati. | 1 | 5 | 2 |
| 7. Sahita Pranayama. | 1 | 5 | 2 |
| 8. Name Ten Mudras which destroy old age and death according to Hatha Yoga pradiipika. | 1 | 5 | 2 |
| 9. Kumbhaka according to Hatha Yoga Pradiipika. | 1 | 5 | 2 |
| 10. Name the fourth text on Hatha yoga and its author. | 1 | 5 | 2 |

[LC 1512]

SUB. CODE: 1512

SECOND BNYS DEGREE EXAMINATION - FEBRUARY 2013

PAPER IV : YOGA & PHYSICAL CULTURE – 1

Q.P.CODE : 821512

Time: Three hours

Maximum: 100 Marks

ANSWER ALL QUESTIONS

I. Essay Questions

(2 x 15 = 30)

1. Energy Block Postures
2. Yoga and Woman, Children & elders.

II. Short notes

(10 x 5 = 50)

- 1) Adhara Mudras
- 2) Jalandhara Bandha
- 3) Dolosana
- 4) Chandranamaskara Mantras
- 5) Rishi Patanjali
- 6) Write about Ajna chakra with a diagram. Write its beeja mantra.
- 7) Moorcha
- 8) Plavini
- 9) Raju Karshanasana
- 10) Symptoms of Stress

III. Short answers

(10 x 2 = 20)

1. What is the relation between Inverted asanas, counterpose and Rest?
2. Mitahara as per Hatha yoga
3. Name the foods which are prohibited for the Yogis
4. Name the fourth text on Hatha Yoga and its author
5. Asanas meaning according to Raja Yoga and Hatha Yoga
6. Kumbhaka according to Hatha Yoga Pradipika
7. Vyutkrama Kapalbhati
8. Name the four reliable texts on hatha yoga with authors' name.
9. Other names of Kundalini
10. Aim of Hatha yoga.

[LD 1512]

SUB. CODE: 1512

SECOND BNYS DEGREE EXAMINATION - AUGUST 2013

PAPER IV : YOGA & PHYSICAL CULTURE – 1

Q.P.CODE : 821512

Time: Three hours

Maximum: 100 Marks

ANSWER ALL QUESTIONS

I. Essay Questions

2 x 15 = 30

1. A) Name and describe about eight Pre-meditation asanas from Pawanamuktasana series
B) Jyestikasana B) Matsya Kridasana and C) Makrasana
2. Write about surya namaskar under the following:
 - a) Its elements and preparation in detail
 - b) Duration and contraindications
 - c) Benefits of Hasta utthanasan, Padahastasan, Parvatasan, Astanga namakara and bhujangasan

II) Short notes

10 x 5 = 50

1. Yoga and Women
2. Different names of Nadis and Kundalini
3. Misconceptions of Yoga
4. Maha Mudra
5. Hatha yogas Ten Yamas and Niyamas
6. Draw Anahata and name the beeja mantra.
7. Uddiyana Bandha
8. Kechari
9. Parvatasana
10. Yoga and Senior Citizens

III) Short Answers

10 x 2 = 20

1. Define Physical Culture
2. What is the relation between Inverted asanas, counterpose and Rest?
3. Define Physical Fitness
4. Definitions of Meditation
5. Definitions of Stress
6. Sahita Pranayama
7. Siddha Yoni Asana
8. Eustress
9. Brahman
10. Nirgarbha pranayama *****

SECOND YEAR B.N.Y.S. DEGREE EXAM
PAPER IV – YOGA & PHYSICAL CULTURE-I
Q.P. Code : 821512

Time: Three hours

Maximum : 100 Marks

Answer All questions

I. Essays Questions: **(2x15=30)**

- 1) Write on Bandhas and Granthis
- 2) Write on Stress about a) its types b)symptoms c) yogic management

II. Short Notes: **(10x5= 50)**

- 1) Nadishodana pranayama
- 2) Inverted psychic attitude
- 3) Adhara Mudras
- 4) Lagoo Shankaparakshalana
- 5) Importanace of yoga practices for women and children
- 6) Twenty six other names of kundalini as per Hatharatnavali
- 7) Bhastrika pranayama
- 8) Mayurasana and sirasana
- 9) Draw Anahata and name the beeja mantra.
- 10)Physical exercises types and importance.

III. Short Answers: **(10x2=20)**

1. Aim of Hatha Yoga
2. Six beeja mantras of Surya namaskar
3. What is equestrian pose?
4. Brief on Swami Sivananda
5. Name the four reliable texts on hatha yoga with its author
6. Signs of perfection in hatha yoga
7. Misconceptions of yoga
8. Define Meditation and its types.
9. Tanmantra of Mooladhara & swadhisthana
10. Karmendria of Anahata, & Swadhisthana

SECOND B.N.Y.S. DEGREE EXAMINATION
PAPER IV – YOGA AND PHYSICAL CULTURE - I
Q.P. Code : 821512

Time: Three hours

Maximum : 100 Marks

Answer All questions

I. Essays Questions:

(2 x 15 = 30)

1. a) Classify Mudras.
b) Explain about horse gesture and attitude of psychic union.
2. Detail explanation on Kapalabhati pranayama and types of kapalabhati kriyas.

II. Short Notes:

(10 x 5 = 50)

1. Natural Breathing.
2. Advasana and Auspicious Pose.
3. How yoga practices are beneficial for children and elderly?
4. Jalandhara Bandha.
5. Hatha yogas ten Yamas and Niyamas.
6. Shankaparakshalana.
7. Twenty six other names of kundalini as per Hatharatnavali.
8. Ujjayi pranayama.
9. Kashtha takshanasana.
10. Draw Ajna chakra and write its beeja mantra.

III. Short Answers:

(10 x 2 = 20)

1. Six beeja mantras of Surya namaskar.
2. What is equestrian pose?
3. Moola Shodana.
4. Swana Pranayama and Sahita Pranayama.
5. Name the four reliable texts on hatha yoga with its author.
6. Name the foods which are prohibited for the Yogis as per Hatha Yoga Pradipika
7. Signs of perfection in hatha yoga.
8. Misconceptions of yoga.
9. Definition of meditation.
10. Rishi Patanjali.

SECOND B.N.Y.S. DEGREE EXAMINATION
PAPER IV – YOGA AND PHYSICAL CULTURE - I
Q.P. Code : 821512

Time: Three Hours

Maximum : 100 Marks

Answer All questions

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

1. Explain in detail about Yoga and Stress Management also on Relaxation asanas.
2. Explain in detail about Physiological importance of Shatkriya practice and write on Jalaneti and Sutraneti

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

1. Kaphalabhati pranayama.
2. Physiological effects of Asanas on the Respiratory System.
3. Moola Bandha.
4. Importance of Yoga for children.
5. Physiology of Kundalini Yoga.
6. Draw Anahata chakra and name the beeja mantra.
7. Procedure, indication and contraindications of Sarvangasana.
8. Effects of Meditation.
9. Mana Mudras.
10. Procedure, indications, contraindications of Nadishodana Pranayama.

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

1. Other names of Kundalini.
2. Moorcha Pranayama.
3. Contraindications of Mayurasana.
4. Shambhavi mudra.
5. Types of Nadis.
6. Difference between Asanas and Exercises.
7. What is Dugdha neti?
8. Maharishi Pathanjali.
9. Types of Kumbhaka.
10. Maha mudra.

SECOND B.N.Y.S. DEGREE EXAMINATION
PAPER IV – YOGA AND PHYSICAL CULTURE - I

Q.P. Code: 821512

Time : Three Hours

Maximum : 100 marks

Answer ALL questions

I. Essay Questions:

(2 x 15 = 30)

1. Write in detail about the Physiological effects of Asanas and Pranayama on the Cardio Vascular system, add a note on Suryanamaskara and their effects.
2. Explain in detail about Yoga with Personality development, Elders, women and children.

II. Write notes on:

(10 x 5 = 50)

1. Bhramari Pranayama.
2. Transcendental Meditation.
3. Technique and Contra - indications of Dhanurasana.
4. Explain Types of Pranas and their functions.
5. Physiological Effects of Bandhas and Mudras.
6. Spiritual importance of Shat kriyas.
7. Differences between Yogasana s and Physical Exercises.
8. Write about Ajna chakra.
9. Misconceptions of Yoga.
10. Laghu Shanka Prakshalana.

III. Short answers on:

(10 x 2 = 20)

1. Define Stress.
2. Vyutkrama Kapalabhati.
3. What are Mudras?
4. Asanas Contraindicated for the Elderly.
5. Mitahara.
6. Contraindications of Sarvangasana.
7. Indications of Sheetali Pranayama.
8. Precautions during practice of Jalandhara Bandha.
9. Physiological effects of Pranayama on Digestive system.
10. What is Pratyahara?

[LI 1512]

APRIL 2016

Sub.Code :1512

SECOND B.N.Y.S. DEGREE EXAMINATION
PAPER IV – YOGA AND PHYSICAL CULTURE - I

Q.P. Code : 821512

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 15 = 30)

1. Four techniques of Nadi Shodhana Pranayama in detail and write a note on physiological and psychological effects of pranayama.
2. Write in detail on thunderbolt attitude, attitude of spontaneous arousing and attitude arousing immortality.

II. Write Notes on:

(10 x 5 = 50)

1. Utthita lolosana.
2. Gatyatmakmeru vakrasana.
3. Difference between Siddhasana, Vajrasana, Muktasana and guptasana.
4. Kechari – Procedure and Benefits.
5. Draw Vishuddhi Chakra and write its beeja mantra.
6. Vipareeta karani mudra.
7. Uddiyana Bandha.
8. Kapalshodhana – Procedure and its Benefits.
9. Advasana and Auspicious Pose.
10. Lohoo Shankaprakshalana.

III. Short Answers on:

(10 x 2 = 20)

1. Name the foods which are prohibited for the Yogis as per Hatha Yoga Pradipika?
2. Asanas meaning according to Raja Yoga and Hatha Yoga.
3. Kumbhaka according to Hatha Yoga Pradipika.
4. Other names of Kundalini.
5. Classify Hrid Dhauti.
6. Moola Shodhana.
7. Swana Pranayama and Sahita Pranayama.
8. Signs of perfection in hatha yoga.
9. Misconceptions of yoga.
10. Name eight Premeditation asanas from Pawanamuktasana series.

[LJ 1512]

OCTOBER 2016

Sub.Code :1512

SECOND B.N.Y.S. DEGREE EXAMINATION

PAPER IV – YOGA AND PHYSICAL CULTURE - I

Q.P. Code : 821512

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 15 = 30)

1. Maha Mudra, Maha Veda Mudra and Kechari Mudra.
2. Moola Bandha, Uddiyana Bandha and Maha Bandha, Jalendara Bandha.

II. Write Notes on:

(10 x 5 = 50)

1. Plavini Pranayama.
2. Technique four of Nadi Shuddhi Pranayama.
3. Procedure and benefits of vyagrasana.
4. Nauka sanchalasana - its procedure and uses.
5. Procedure and benefits of vrikshasana.
6. Brief on gulping breath.
7. Bellows breath – Brief note.
8. Kapalbhatai procedure and types.
9. Nasal cleansing.
10. Yogic enema.

III. Short Answers on:

(10 x 2 = 20)

1. Sahita Pranayama – Its meaning.
2. Meaning of Sahita Kumbhaka.
3. Sagarbha Pranayama – its meaning.
4. What do you mean by Kanda?
5. Name the four Hrid Dhauti.
6. Six mantras of Surya namaskar.
7. Define Stamina.
8. Define Physical Fitness.
9. Definitions for Meditation.
10. Differences between asanas and exercises.

[LK 1512]

MAY 2017

Sub.Code :1512

SECOND B.N.Y.S. DEGREE EXAMINATION
PAPER IV – YOGA AND PHYSICAL CULTURE - I

Q.P. Code : 821512

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 15 = 30)

1. Write the procedure, indication, contraindication and caution for Sahajoli mudra, Amorli mudra and Ashwini mudra.
2. Explain in detail about Kapalabhati pranayama and types of Kapalabhati Kriyas.

II. Write Notes on:

(10 x 5 = 50)

1. Breath balancing pose.
2. Cobra respiration.
3. Swooning breath.
4. Psychic breath.
5. Vitality stimulating breath.
6. Write a note on Kechari and its benefits.
7. Why Yoga is necessary for Kids, Elders and Women?
8. Chandranamaskara and suryanamaskara Mantras.
9. Draw Manipura chakra and write its beeja mantra.
10. Bandhas – Brief.

III. Short Answers on:

(10 x 2 = 20)

1. Nirgarbha and Sagarbha Pranayama – its meaning.
2. What is “OM”?
3. Who is matsyendranath?
4. Most conducive foods for Yogis as per Hatha Yoga.
5. What do you mean by Laya yoga and Nirvana Samadhi?
6. Bhoochari.
7. Unmani.
8. What is Vajra nadi?
9. Meaning of Tanmantra and Brahaman.
10. What do you mean by “Chitta”?

SECOND B.N.Y.S. DEGREE EXAMINATION

PAPER IV – YOGA AND PHYSICAL CULTURE - I

Q.P. Code : 821512

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 15 = 30)

1. Rules and regulations of asanas to be followed before and after the practice.
2. Psycho physiological effects of meditation. Add a note on saguna and nirguna methods transcendental meditation.

II. Write Notes on:

(10 x 5 = 50)

1. Kundalini yoga explain about vishudhi chakra with diagram.
2. Pranic Body.
3. Bhastrika pranayama.
4. Yogic breathing.
5. Nauli kriya.
6. Prana mudra.
7. Physiological effect of nauli.
8. Preksha meditation.
9. Swadhistana chakra.
10. Yoga for children.

III. Short Answers on:

(10 x 2 = 20)

1. Prana.
2. Nadis.
3. Meditative asana.
4. Plavani.
5. Classification of yoga asana.
6. Pratyahara.
7. Aerobic exercise.
8. Maha mudra.
9. Bhramari.
10. Awareness of shavasana.

SECOND B.N.Y.S. DEGREE EXAMINATION
PAPER IV – YOGA AND PHYSICAL CULTURE - I

Q.P. Code : 821512

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 15 = 30)

1. Psychic physiology of yoga.
2. What are the types of Mudras and Bandhas, write their Neuro-muscular action during practice?

II. Write Notes on:

(10 x 5 = 50)

1. Pratyahatra and its type.
2. Brahmakumari meditation.
3. Shankaprakshalana.
4. Rajju karshanasana.
5. Anuloma –Viloma pranayama.
6. Yoga and religion.
7. Ajna and Mooladhara chakra.
8. Moorcha Pranayama.
9. Explain upanadis and its function.
10. Physiological effect of asanas on respiratory system.

III. Short Answers on:

(10 x 2 = 20)

1. Mantras of suryanamaskara.
2. Dharana.
3. Om meditation.
4. Kundalini yoga.
5. Hasta mudras.
6. Grantis.
7. Bindu.
8. Prarambhik sthithi.
9. Janu naman.
10. Premeditation asanas.

[LM 1512]

FEBRUARY 2018

Sub. Code: 1512

SECOND B.N.Y.S. DEGREE EXAMINATION

PAPER IV – YOGA AND PHYSICAL CULTURE - I

Q.P. Code : 821512

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 15 = 30)

1. Surya namaskar and it's important in health and diseased conditions.
2. Explain Prana and Nadi with its types.

II. Write Notes on:

(10 x 5 = 50)

1. Yoga teaching methods.
2. Bhadrasana; procedure with breathing, awareness indication and contraindication.
3. Jalandra Bandha.
4. Perineal Mudras.
5. Gurujapa Meditation.
6. Effect of abrupt discontinuation of yoga practice.
7. Advance practice of Sutra Neti.
8. Manipura Chakra.
9. Natural breathing and Yogic breathing.
10. Cooling pranayama and its physiological effects.

III. Short Answers on:

(10 x 2 = 20)

1. Pratyahara – Meaning.
2. Religious meditation methods.
3. Kundalini Yoga.
4. Panchamahabootas.
5. Shanti Mantra.
6. Asanas indicated during pregnancy.
7. Procedure of Ujjayi pranayama.
8. Signs and symptoms of Kundalini.
9. Difference between dynamic and Static Yogasanas.
10. Define Asana according Patanjali Yoga Sutra and explain it.

[LM 1512]

MAY 2018

Sub. Code: 1512

SECOND B.N.Y.S. DEGREE EXAMINATION

PAPER IV – YOGA AND PHYSICAL CULTURE - I

Q.P. Code : 821512

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 15 = 30)

1. Physiology of Pranayama.
2. Physiological effects of Yoga on Lungs, Renal and Heart and circulation.

II. Write Notes on:

(10 x 5 = 50)

1. Psychic Breath.
2. Physiological effects of Shanka Prakshalana.
3. Sheetal, Sheetkari Pranayana
4. Precautions of Varisara dhauti.
5. Other names of Swana Pranayama and its procedure.
6. Psychic Network Purification.
7. Explain the five group Mudras with physiological effects.
8. Two techniques of Perinium contractions.
9. Nine energy block postures.
10. Swami Sivananda.

III. Short Answers on:

(10 x 2 = 20)

1. Types of Bhakti.
2. Diaphragmatic breathing.
3. Upa Pranas.
4. Name the Nine Head Mudras.
5. Which asana is called Exploration of Sound Pose?
6. Methods to Awaken Chakras.
7. Sahita Kumbhaka.
8. Define Physical Fitness and Stamina.
9. Definitions of Meditation.
10. Yogic Enema.

[LN 1512]

AUGUST 2018

Sub. Code: 1512

SECOND B.N.Y.S. DEGREE EXAMINATION

PAPER IV – YOGA AND PHYSICAL CULTURE - I

Q.P. Code : 821512

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 15 = 30)

1. Explain in Psycho physiological effects of Meditation and types of Meditation.
2. Energy Block Posture.

II. Write Notes on:

(10 x 5 = 50)

1. Sama Vritti Pranayama.
2. Weighing scale pose and Psychic union pose-procedures.
3. Kathopanishad description on Yoga.
4. Describe Tongue lock yoga practice.
5. Attitude of Psychic Union.
6. Accomplished pose for Men.
7. Five stages of invocation of Energy.
8. Pancha Pranas.
9. Swami Sivanandha.
10. Uddiyana Bandha.

III. Short Answers on:

(10 x 2 = 20)

1. Samasthiti asana.
2. Amaroli neti.
3. Sthala Basti.
4. Sahita Pranayama.
5. Name the foods which are prohibited for the Yogis?
6. Variations of Jala neti.
7. Two techniques of horse gesture.
8. Name the fourth text on Hatha Yoga and its author.
9. Stages of Laukiki Karma.
10. Symptoms of kundalini.

[LN 1512]

OCTOBER 2018

Sub. Code: 1512

SECOND B.N.Y.S. DEGREE EXAMINATION

PAPER IV – YOGA AND PHYSICAL CULTURE - I

Q.P. Code : 821512

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 15 = 30)

1. Classify Shatkarmas.
2. Classify Kumbhakas as per Hatha Yoga Prathipika.

II. Write Notes on:

(10 x 5 = 50)

1. Three Techniques of Vamana Dhauti.
2. Visama Vritti and Pratiloma Pranayama.
3. Adhara Mudras.
4. Procedure and benefits of Vyagrasana.
5. Nasal Cleansing.
6. Difference between Siddhasana, Vajrasana, Muktasana and guptasana.
7. Kapalshodhana.
8. Pranic Body.
9. Astanga Yoga.
10. Moola Bandha.

III. Short Answers on:

(10 x 2 = 20)

1. Five Relaxation Asanas.
2. Meditative Asana.
3. Which asana is Philosophers pose and procedure?
4. Ashta siddhi.
5. Six Postural Mudras.
6. Cobra Respiration.
7. Amaroli neti.
8. Contraindications of Jala Neti.
9. Which yoga practice, It's a part of Hatha Yoga and Raja Yoga – Justify?
10. Mitahara as per Hatha yoga.

[LO 1512]

FEBRUARY 2019

Sub. Code: 1512

SECOND B.N.Y.S. DEGREE EXAMINATION

PAPER IV – YOGA AND PHYSICAL CULTURE - I

Q.P. Code : 821512

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 15 = 30)

1. Explain in detail about the psycho physiological effect of Vipassana meditation.
2. Physiology of Pranayama and cautions for the practice of Pranayama Techniques.

II. Write Notes on:

(10 x 5 = 50)

1. Chitta Viksepa.
2. Salamba Sirasana.
3. Types of Tapas.
4. Amaroli Mudra and Ashvinimudra.
5. Visama Vritti Pranayama and Pratiloma Pranayam.
6. Nine Distractions and Obstacles in the practice of Yoga.
7. Patanjali's Five CAUSES of Chitta Vritti.
8. Name ten nadis extends off Visshuddhi chakra.
9. Sahita and Kevala Kumbhaka Pranayama.
10. Precautions of Varisara dhauti.

III. Short Answers on:

(10 x 2 = 20)

1. Pancha Makara.
2. Nirvitarka Samadhi.
3. Kali Yuga.
4. Causes of success in sadhana.
5. Payaswini.
6. Tantra.
7. Mitahara.
8. Nauli.
9. Concentrated Gazing.
10. Ajapa Mantra.

[LO 1512]

MAY 2019

Sub. Code: 1512

SECOND B.N.Y.S. DEGREE EXAMINATION

PAPER IV – YOGA AND PHYSICAL CULTURE - I

Q.P. Code : 821512

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 15 = 30)

1. Explain in detail about the psycho-physiological effects of Vipassana meditation and transcendental meditation.
2. Hints and cautions for the practice of Pranayama Techniques and asanas as per swami Sathyananda.

II. Write Notes on:

(10 x 5 = 50)

1. Differences between Siddhasana, Vajrasana, Muktasana and Guptasana.
2. Amaroli Mudra.
3. Reversing attitude Mudra.
4. Different chakras, its seat and its qualities.
5. Patanjali's five causes of Chitta Vritti.
6. Parsva Dhanurasana.
7. Five types of prathyahara and Bhakthi.
8. Techniques and effects of Samasthithi.
9. Sama Vritti Pranayama.
10. Compare easy cobra pose, cobra pose and Snake pose.

III. Short Answers on:

(10 x 2 = 20)

1. Misconceptions of yoga.
2. Pancha Makara.
3. Nine head mudras with other names.
4. Eight major siddhis.
5. Variations of jala neti.
6. Zen meditation.
7. Contraindication of jala neti.
8. Contraindication of mahabandha and jalandhara bandha.
9. Nirvitarka Samadhi.
10. Contraindication for Sheetkari.

[LP 1512]

AUGUST 2019

Sub. Code: 1512

SECOND B.N.Y.S. DEGREE EXAMINATION

PAPER IV – YOGA AND PHYSICAL CULTURE - I

Q.P. Code : 821512

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 15 = 30)

1. Bandhas in detail.
2. Recent research work published in indexed journals on physiological aspects of Yogasanas and Pranayama.

II. Write Notes on:

(10 x 5 = 50)

1. Surya namaskar and its importance in health.
2. Preksha meditation.
3. Physiological and spiritual importance of shatkriya practice.
4. Cautions for the practice of asanas.
5. Techniques and effects of Samasthithi.
6. Sama Vritti Pranayama.
7. Importance of pratyahara.
8. Mudras their neuro muscular and glandular effects on the body.
9. Research on physiological effects of Shanka prakashalana.
10. Patanjali's Five Causes of Chitta Vritti.

III. Short Answers on:

(10 x 2 = 20)

1. Moola dhauti.
2. Name the six postural and Nine head mudras.
3. Pancha Makara.
4. Kaliyuga.
5. Vahana and karmendria of seven chakras.
6. Nirvitarka Samadhi.
7. Vyaghra kriya.
8. Nine inverted asanas.
9. Nirvitarka Samadhi.
10. Causes of success in sadhana.

[LP 1512]

OCTOBER 2019

Sub. Code: 1512

SECOND B.N.Y.S. DEGREE EXAMINATION

PAPER IV – YOGA AND PHYSICAL CULTURE - I

Q.P. Code : 821512

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 15 = 30)

1. Explain in detail about the Shatkriyas.
2. Explain in details about Preksha meditation.

II. Write Notes on:

(10 x 5 = 50)

1. Explain the difference between Yoga and Physical exercises.
2. Yoga for elderly people.
3. Write a note on Yoga Teaching Methods.
4. Write a note on Yogic Breathing.
5. Explain about Surya bedhana pranayama its Benefits, Indications, Contra Indications.
6. Explain Yoga and Science.
7. Write a note on Cooling Pranayama in detail.
8. Draw manipura and explain its features.
9. Yoga and Unani.
10. Explain about Hasta Mudra.

III. Short Answers on:

(10 x 2 = 20)

1. 10 Yamas according to Hatha Yoga.
2. Explain types of Sadhana.
3. Explain Yoga and Education.
4. Explain Upa Nadis.
5. Explain three groups of Pawanmuktasanas.
6. Savasana – Contra Indications.
7. Uddiyana bandha Explain.
8. Techniques of Dharana.
9. Classify Hrid Dhauti.
10. Define Strength and Stamina.

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

[BNYS 0321]

MARCH 2021

Sub. Code: 1512

(MAY 2020 & AUGUST 2020 SESSION)

B.N.Y.S. DEGREE EXAMINATION

SECOND YEAR

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 practice of Sankha Prakshalana and its effects.
2. Surya Namaskara and its importance in health and diseased conditions.

II. Write Notes on:

(10 x 5 = 50)

1. Importance of Pratyahara explain.
2. Research on physiological aspects of Yogasanas, Pranayama, Meditation, Relaxation techniques explain.
3. Micro & Macro concepts of Pancha maha bootas.
4. Explain 'om' kara meditation.
5. Misconceptions about Yoga.
6. Yoga for women.
7. Write a note on Cobra respiration.
8. Write a note on Signs & Symptoms of Kundalini Awakening.
9. Write a note on Heating Pranayama in detail.
10. Yoga and Ayurveda.

III. Short Answers on:

(10 x 2 = 20)

1. 10 Niyamas according to Hatha yoga.
2. Explain Vyagrasana.
3. Types of Prana and their Functions.
4. Meditations Vs Concentration.
5. Explain Vyut Krama Kaphalbhati.
6. Karmendria of Anahata.
7. Rishi Patanjali.
8. Types of Kumbaka.
9. Explain Jalandhara Bandha.
10. Mudras and its classifications.

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

[BNYS 1021]

**OCTOBER 2021
(OCTOBER 2020 SESSION)**

Sub. Code: 1512

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

(For the candidates admitted from the academic year 2013-14)

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. Draw vishuddhi, manipura, mooladhara and explain its features.
2. Inverted asanas and Contra Indications.

II. Write Notes on:

(10 x 5 = 50)

1. Lock mudra.
2. Uddiyana bandha.
3. Bhujangini mudra.
4. Hare pose.
5. Auspicious pose.
6. Yogic enema.
7. Bellows breath.
8. Psychic breath.
9. Amaroli mudra.
10. Why Yoga is necessary for Kids, Elders, and women.

III. Short Answers on:

(10 x 2 = 20)

1. Janu naman.
2. Sukhasana.
3. Heart gesture.
4. Name the six postural mudras.
5. Three other names of moolashodhana technique.
6. Counterpose in the practices of yogasana.
7. Mushtika bandhana.
8. According to Upanishads swara refer to what.
9. Prarambhik sthiti.
10. Physical culture.

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

[BNYS 0322]

**MARCH 2022
(FEBRUARY 2021 & MAY 2021 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. Trataka and its benefits in detail.
2. Mudras and its benefits.

II. Write Notes on:

(10 x 5 = 50)

1. Advasana and Auspicious Pose.
2. Ashwini mudra.
3. Tongue lock.
4. Eight pre meditation asanas.
5. Accomplished pose for men.
6. Intoxicating bliss pose.
7. Maha bandha.
8. Psycho physiological effects of meditation.
9. Macro and micro concept of pancha maha bhootas.
10. Draw Manipura chakra and write its beeja mantra.

III. Short Answers on:

(10 x 2 = 20)

1. Swana Pranayama and Sahita Pranayama.
2. Meaning of Tanmantra and Brahman.
3. What do you mean by Unmani?
4. Other name of prana mudra and shashankasana.
5. Name the two counter poses for matsyasana.
6. What are the chakras associated with vishnus grantis?
7. Name the asana which helps to recondition the entire Alimentary canal.
8. Name the chakra which is center of unconditional love & which chakra called purification centre.
9. Sagarbha Pranayama-its meaning.
10. What do you mean by Kanda?

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

[BNYS 0322]

**MARCH 2022
(FEBRUARY 2021 & MAY 2021 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. Trataka and its benefits in detail.
2. Mudras and its benefits.

II. Write Notes on:

(10 x 5 = 50)

1. Advasana and Auspicious Pose.
2. Ashwini mudra.
3. Tongue lock.
4. Eight pre meditation asanas.
5. Accomplished pose for men.
6. Intoxicating bliss pose.
7. Maha bandha.
8. Psycho physiological effects of meditation.
9. Macro and micro concept of pancha maha bhootas.
10. Draw Manipura chakra and write its beeja mantra.

III. Short Answers on:

(10 x 2 = 20)

1. Swana Pranayama and Sahita Pranayama.
2. Meaning of Tanmantra and Brahman.
3. What do you mean by Unmani?
4. Other name of prana mudra and shashankasana.
5. Name the two counter poses for matsyasana.
6. What are the chakras associated with vishnus grantis?
7. Name the asana which helps to recondition the entire Alimentary canal.
8. Name the chakra which is center of unconditional love & which chakra called purification centre.
9. Sagarbha Pranayama-its meaning.
10. What do you mean by Kanda?

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

[BNYS 0522]

MAY 2022

Sub. Code: 1512

(AUGUST 2021 & OCTOBER 2021 SESSIONS)

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 Yoga and Stress management.
2. Tabulate the Chakras with all the twenty three features.

II. Write Notes on:

(10 x 5 = 50)

1. Explain Yogic training and Physical fitness.
2. Misconceptions of Yoga.
3. Yoga for Children.
4. Write a note on Mana Mudras.
5. Explain about Zen meditation.
6. Write a note on Chandra Namaskara and its spiritual importance.
7. Write a note on Mayurasana – its Procedure, Indication, Contraindication, Benefits and Diagram.
8. Yoga and Siddha.
9. Explain about Astanga Namaskarasana.
10. Explain Yoga and Personality development.

III. Short Answers on:

(10 x 2 = 20)

1. Nirguna meditation.
2. Yoga and Consciousness.
3. Explain granthis.
4. Explain types of Yoga.
5. Ajna Chakra and its importance.
6. Bastrika Pranayama.
7. Mooladhara and Swadhisthana Chakra and its benefits.
8. Moola bandha.
9. Transcendental meditation.
10. Rules and Regulations for the practice of Pranayama.

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

[BNYS 1022]

OCTOBER 2022

Sub. Code: 1512

(FEBRUARY 2022 & MAY 2022 EXAM SESSIONS)

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.

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

[BNYS 0323]

MARCH 2023

Sub. Code: 1512

(AUGUST 2022 & OCTOBER 2022 EXAM SESSIONS)

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 role of yoga in special gifted children.
2. Psycho physiology of meditation and explain in detail about transcendental, Zen and Om Meditation.

II. Write Notes on:

(10 x 5 = 50)

1. Vajrasana and guptasana.
2. Procedure and benefits of Kechari mudra.
3. Purpose of hatha yoga.
4. Types of prana and their function.
5. Vipareetakarani mudra.
6. Jalaneti and its stages.
7. Vamana dhauti and its various techniques.
8. Digestive and abdominal group of pawanamuktasana series.
9. Chandra namskara.
10. Role of Yoga for irregular menstruation.

III. Short Answers on:

(10 x 2 = 20)

1. Garbhasana.
2. Bhoochari mudra.
3. Beeja mantras of surya namskara.
4. Sthala basti.
5. Dhauti.
6. Asanas of sankhaprakshalana.
7. Panting breathing.
8. Note on Agnisara kriya.
9. Yantra and bija mantra of manipura chakra.
10. Chopping wood.

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

[BNYS 0923]

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

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 the role of Yoga and its practices in women during pregnancy.
2. Explain in details about comparison of Yoga philosophy and modern psychology.

II. Write Notes on:

(10 x 5 = 50)

1. Nauli kriya and its therapeutic effect.
2. AjanChakra and mooladhara Chakra and draw diagram with its beeja mantra.
3. Preksha Meditation.
4. Nadis and its types.
5. Sankhya Philosophy.
6. Correlation of body breath and mind.
7. Techniques of Nadisudhi pranayama.
8. Various teaching methods in yoga.
9. Kumbhaka and its types.
10. Role of yoga in personality development.

III. Short Answers on:

(10 x 2 = 20)

1. Principles of Yoga.
2. Kapalabhati.
3. Ida and Pingala Nadis.
4. Shambhavi mudra.
5. Signs of kundalini awakening.
6. Plavini pranayama.
7. Udiyanabandha.
8. Jalaneti and vyutkarma.
9. Chakras.
10. Pratyaharas.

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

[BNYS 1024]

**OCTOBER 2024
(JUNE 2024 EXAM SESSION)**

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. a) Moola bandha, b) Maha bandha, c) Physiological effects of bandha.
2. a) Yoga philosophy and sadhana, b) Yoga and religion, c) Yoga and education.

II. Write Notes on:

(10 x 5 = 50)

1. Kapalbhati kriya – three techniques.
2. Vyaghra kriya and Kunjal kriya.
3. Vahnisara Dhauti and Vatsara Dhauti.
4. Gatyatmakmeru vakrasana and Utthita lolasana.
5. Difference between Siddhasana, Vajrasana, Muktasana and guptasana.
6. Kechari mudra – Procedure and Benefits.
7. Draw Vishuddhi chakra and write its beeja mantra.
8. Techniques four of Nadi Shuddhi Pranayama.
9. Nauka sanchalanasana Procedure and benefits of vrksana.
10. Draw Manipura chakra and write its beeja mantra.

III. Short Answers on:

(10 x 2 = 20)

1. Chandra namaskar mantras.
2. Yoga as per Bhagavat Gita.
3. Jnana yoga.
4. Shanka prakshalana procedure.
5. Physiological changes during Dhyana.
6. Swooning breath.
7. Breath balancing pose.
8. Meaning of Tanmatra and Brahman.
9. Name eight pre-meditative asanas from Pawanamuktasana series.
10. Importance of physical culture.

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

[BNYS 0125]

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

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 Shatkriyas and its physiological and therapeutic effects.
2. Explain about Prana, its type and their physiological effect of it.

II. Write Notes on:

(10 x 5 = 50)

1. Meditation and their scientific explanation.
2. Effect of asana on reproductive system.
3. Yogic diet.
4. Implication of Yama and Niyama in daily life.
5. Zen meditation.
6. Yoga and physical education.
7. Development in yoga after Patanjali.
8. Surya namaskar and its importance in positive promotion of health.
9. Physiological effect of Pranayama.
10. Importance of pratyahara.

III. Short Answers on:

(10 x 2 = 20)

1. Write any four definitions of Yoga.
2. Adhara mudra.
3. Principles of Yoga.
4. Nadis.
5. Tanmatras.
6. Techniques of Dharana.
7. Four misconceptions of yoga.
8. Panchamahabhootas.
9. Difference between moolabandha and Ashwini mudra.
10. Maha bandha.

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

[BNYS 0725]

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

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. What are the types of Mudras and Bandas? Write their Neuro-muscular action during practice.
2. Define Meditation. Its type's physiological changes in brain during meditation and add a note on transcendental and Vipasana meditation.

II. Write Notes on:

(10 x 5 = 50)

1. Compare and contrast yoga psychology and modern psychology.
2. Name the Asanas and chakras involved in Surya Namaskar.
3. Kaphalabati Pranayama and Panchapranas and its functions.
4. Effect of Asanas on Cardio vascular system and Respiratory system.
5. What is the role of yoga in personality development?
6. Laghoo shankha prakshalana.
7. Procedure, indication and contra – indication, caution of DRUTA UTKATASANA.
8. Moorcha Pranayama.
9. Explain in detail about cobra respiration and cobra pose.
10. Benefits of palming and Blinking.

III. Short Answers on:

(10 x 2 = 20)

1. Upa Pranas.
2. Types of Basti.
3. Vatsara Dhauti.
4. Define Stress.
5. Name eight premeditation Asanas from Pawanmuktasana.
6. Classification of Yoga Asana.
7. Asanas indicated during pregnancy.
8. Name any two saga pose.
9. Benefits of balancing asanas.
10. Sankhya philosophy.