

[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.

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