

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.
