

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. Shankaprakshalana.
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.
