

THIRD B.N.Y.S. DEGREE EXAM
PAPER V – YOGA & PHYSICAL CULTURE-II
Q.P. Code : 821520

Time: Three hours

Maximum : 100 Marks

Answer All questions

I. Essays Questions: (2 X 15 = 30)

1. Write fifteen sutras from Vibhuti pada
2. a) Write all types of shatkarmas
b) Elaborate on All Dhauti

II. Short Notes: (10 x 5 = 50)

1. Write on Vritti Pranayama
2. Nadis starting from below navel
3. Essence of Swara Yoga
4. Write five sutras of Samadi padas
5. Write about Biofeedback techniques utilised in relation to meditation
6. How to sit up from a lying Position
7. Techniques of running and cycling
8. Draw swadhithana and name its tattwa
9. Importance of Physical Culture
10. Procedure of yoga nidras second stage

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

1. What is Chitra Nadi and write the Placement of “Kanda”
2. What is Nirbija and Swana Pranayama
3. What is the planet of fire and What is gayatri mantra
4. Pratiloma Pranayama
5. What are three Sariras ?
6. Name the two classification of karma?
7. Three techniques of basti
8. What is chakra bandha?
9. Difference between Vyaghra kriya and kunjla kriya
10. Five different modes of practice in Trataka