

FIRST YEAR B.N.Y.S. DEGREE EXAM

PAPER II – PHILOSOPHY & PRACTICE OF YOGA-I

Q.P. Code : 821502

Time: Three hours

Maximum : 100 Marks

Answer All questions

I. Essays Questions: (2X15=30)

1. Write various definitions of yoga. Add a note on Bahiranga Yoga.
2. What is Asana? Write the classification of Asanas and Rules & Regulations.

II. Short Notes: (10x5=50)

1. Laya yoga.
2. Nadishodhanapranayama.
3. Sankhya philosophy.
4. Patanjali.
5. Sutra Neti.
6. Janusirasasana.
7. Abdominal Breathing.
8. Trirathnas.
9. Vrksahasana.
10. Hiranyagarbha Yoga.

III. Short Answers: (10x2=20)

1. Upapranas.
2. Contra-indications of Ardhamatsyendrasana.
3. Four noble truths of Buddhism.
4. Types of Kumbhakas.
5. Vyagrasana.
6. Thirthankaras.
7. Indications of Kunjal Kriya.
8. Nine modes of Bakthiyoga.
9. Chakras.
10. Name the Asanas which improves concentration.