

SECOND YEAR B.N.Y.S. DEGREE EXAM  
PAPER IV – YOGA & PHYSICAL CULTURE-I  
*Q.P. Code : 821512*

**Time: Three hours**

**Maximum : 100 Marks**

**Answer All questions**

**I. Essays Questions: (2x15=30)**

- 1) Write on Bandhas and Granthis
- 2) Write on Stress about a) its types b)symptoms c) yogic management

**II. Short Notes: (10x5= 50)**

- 1) Nadishodana pranayama
- 2) Inverted psychic attitude
- 3) Adhara Mudras
- 4) Lagoo Shankaparakshalana
- 5) Importanace of yoga practices for women and children
- 6) Twenty six other names of kundalini as per Hatharatnavali
- 7) Bhastrika pranayama
- 8) Mayurasana and sirasana
- 9) Draw Anahata and name the beeja mantra.
- 10)Physical exercises types and importance.

**III. Short Answers: (10x2=20)**

1. Aim of Hatha Yoga
2. Six beeja mantras of Surya namaskar
3. What is equestrian pose?
4. Brief on Swami Sivananda
5. Name the four reliable texts on hatha yoga with its author
6. Signs of perfection in hatha yoga
7. Misconceptions of yoga
8. Define Meditation and its types.
9. Tanmantra of Mooladhara & swadhisthana
10. Karmendria of Anahata, & Swadhistana