

**THIRD YEAR 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 Kaivalya pada
2. a) Tabulate the Classification and types of cleansing procedures in yoga (7)  
b) Explain Types of Kapalabhati (8).

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

1. Write five sutras of sadhana padas
2. Stretch Reflex
3. Basic techniques of stretching
4. Relaxing stretches for back
5. List of obstacles to yogic practices as per Patanjali
6. Draw swadhisthana and name its tattwa
7. Write the twenty two names of nadis
8. Write on Swara Yoga
9. Dimensions of mind and four stages of mind
10. Explain physiological effect pranayama on autonomic nervous system

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

1. Name the two classification of karma?
2. What is the planet of air?
3. Eight Kumbhaka according to Hatha Yoga Pradipika
4. What is chakri karma?
5. True meaning of bramacharaya as per hatha yoga pradhhipika
6. Signs of perfection in hatha yoga
7. Which are the supplementary of shankha prakshalana?
8. Six causes which brings success in yoga as per hatha yoga pradhhipika
9. What is Swana Pranayama and Sahita Pranayama?
10. Name the colour of earth and water as per yoga science