

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. Essay Questions:** (2 x 15 = 30)

1. Explain in detail about Yoga and Stress Management also on Relaxation asanas.
2. Explain in detail about Physiological importance of Shatkriya practice and write on Jalaneti and Sutraneti

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

1. Kaphalabhati pranayama.
2. Physiological effects of Asanas on the Respiratory System.
3. Moola Bandha.
4. Importance of Yoga for children.
5. Physiology of Kundalini Yoga.
6. Draw Anahata chakra and name the beeja mantra.
7. Procedure, indication and contraindications of Sarvangasana.
8. Effects of Meditation.
9. Mana Mudras.
10. Procedure, indications, contraindications of Nadishodana Pranayama.

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

1. Other names of Kundalini.
2. Moorcha Pranayama.
3. Contraindications of Mayurasana.
4. Shambhavi mudra.
5. Types of Nadis.
6. Difference between Asanas and Exercises.
7. What is Dugdha neti?
8. Maharishi Pathanjali.
9. Types of Kumbhaka.
10. Maha mudra.

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