

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

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 15 = 30)

1. Describe in detail about Mudhras and Bandhas according to Gherenda Samhita.
2. Write sadhana pada under following sutra with meaning.
 - a) kleshas
 - b) kriya yoga
 - c) niyamas

II. Write Notes on:

(10 x 5 = 50)

1. Vairagya.
2. Kaphalabhati kriya with its types.
3. Precautions of practicing vastra dauti.
4. Pranic currents and breath – elaborate.
5. Chitta vritti.
6. Types of Yogic Enema.
7. Abyasa.
8. Samadhi.
9. Explain in detail about swadhistana chakra.
10. Sukshma Vyamas.

III. Short Answers on:

(10 x 2 = 20)

1. Ida and pingala.
2. Niyamas as per Hatha yoga Pratipika.
3. Vipareeta karani mudhra.
4. Smrithi.
5. Avidhya.
6. Yamas as per hatha yoga prathipika.
7. Kaivalya pada.
8. Siddhis.
9. Different Names of Nadis.
10. Relaxation Asanas importance.
