

**FIRST B.N.Y.S. DEGREE EXAMINATION**  
**PAPER II – PHILOSOPHY AND PRACTICE OF YOGA**

*Q.P. Code : 821502*

**Time: Three Hours**

**Maximum : 100 Marks**

**I. Essay Questions:**

**(2 x 15 = 30)**

1. Define Ancient and Modern definition of Yoga and History of yoga according to Upanishads.
2. Define Pranayama. Explain Pranic body and Various types of Pranayama.

**II. Write Notes on:**

**(10 x 5 = 50)**

1. Antaranga yoga.
2. Eye Exercise.
3. Hiranyagarbha yoga.
4. Sectional breathing.
5. Matsyasana – procedure.
6. Styles of contemporary yoga.
7. Kundalini yoga.
8. Garudasana.
9. Sutraneti – procedure.
10. Define Relaxative Asanas and give suitable examples.

**III. Short Answers on:**

**(10 x 2 = 20)**

1. Define Yoga according to Lord Krishna.
2. Upapranas.
3. Counterpose.
4. Hatha yoga.
5. Tirthankaras.
6. Benefits of Jalaneti.
7. Dhauti.
8. Ajna chakra.
9. Indications of Ardhamatsyendrasana.
10. Simhasana.

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