

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. Write all Ten Mudras and its role in Yoga Practices according to Hatha yoga pradipika.
2. Write eight Siddhis and Its Significance of Yoga.

II. Write Notes on:

(10 x 5 = 50)

1. Evolution through the Koshas.
2. Explain the Asanas in Siva Samhita.
3. Ida Pathway.
4. Prana Sadhna.
5. Swara-Key to health.
6. Ten Patanjali yoga sutras of Samadhi Pada.
7. Vastra Dhouti.
8. Isometric Exercises and Isotonic Exercises.
9. Comparative study of Shat kriyas with other system of Medicine.
10. Methods of Eye exercises and its precautions and benefits.

III. Short Answers on:

(10 x 2 = 20)

1. Gajakarani.
2. Altering the flow of nostrils.
3. Awareness.
4. Nirbija and Swana Pranayama.
5. Samprajnata Samadhi.
6. Pratyahara
7. Isvara pranidhanadva.
8. Tasya vacakah pranavah.
9. Effect of exercises on ENT.
10. Samyamah.
