

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. Rules and regulations of asanas to be followed before and after the practice.
2. Psycho physiological effects of meditation. Add a note on saguna and nirguna methods transcendental meditation.

II. Write Notes on:

(10 x 5 = 50)

1. Kundalini yoga explain about vishudhi chakra with diagram.
2. Pranic Body.
3. Bhastrika pranayama.
4. Yogic breathing.
5. Nauli kriya.
6. Prana mudra.
7. Physiological effect of nauli.
8. Preksha meditation.
9. Swadhistana chakra.
10. Yoga for children.

III. Short Answers on:

(10 x 2 = 20)

1. Prana.
2. Nadis.
3. Meditative asana.
4. Plavani.
5. Classification of yoga asana.
6. Pratyahara.
7. Aerobic exercise.
8. Maha mudra.
9. Bhramari.
10. Awareness of shavasana.
