

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 the classification of shat kriyas and explain about dhauti kriya.
2. Explain the techniques of Bhastrika pranayama and its physiological effects.

II. Write Notes on:

(10 x 5 = 50)

1. Nauli – Types and procedures.
2. Eye exercises.
3. Swara yoga.
4. Kriya yoga.
5. Yamas and Niyamas in brief.
6. Techniques and benefits of sutra neti.
7. Physiological effect of exercise on Endocrine system and Nervous system.
8. Ida and pingala.
9. Samprajnata Samadhi.
10. Ishwara pranidhana.

III. Short Answers on:

(10 x 2 = 20)

1. Bandha - Types and indications.
2. Prana and Apana.
3. Sheetali and Sheetkari.
4. Mahamudra.
5. Types of Nauli.
6. Name the asanas which performed in Shankhaprakshalana?
7. Vairagya.
8. Samyama Sadhana.
9. Dharana.
10. Pratyahara.
