

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[BNYS 0323]

MARCH 2023

Sub. Code: 1502

(AUGUST 2022 & OCTOBER 2022 EXAM SESSIONS)

B.N.Y.S. DEGREE EXAMINATION

FIRST YEAR – PART I

(For the candidates admitted from the academic year 2011-12)

PAPER II – PHILOSOPHY & PRACTICE OF YOGA

Q.P. Code: 821502

Time: Three Hours

Answer ALL questions

Maximum : 100 Marks

I. Essay Questions:

(2 x 15 = 30)

1. Write in detail about the anti- Rheumatic group of asanas with diagram.
2. Explain in detail about the Patanjali's astanga yoga.

II. Write Notes on:

(10 x 5 = 50)

1. Chakras.
2. Yogasanas and Kundalini.
3. Dolasana and Lolasana.
4. Dynamic spinal twist.
5. Theory of karma.
6. Yogic breathing.
7. Laya Yoga.
8. Swadhisthana Chakra.
9. Chitta Vrittis.
10. Hiranyagarbha yoga.

III. Short Answers on:

(10 x 2 = 20)

1. Four aspects of pranayama.
2. Sloga for samyama.
3. Asanas which is related to Nature.
4. Bakthi yoga.
5. Indication of ustrasana.
6. Obstacles in the path of yoga.
7. Jnanendriyas.
8. Shatkarma.
9. Balancing asanas.
10. Purusha.
