

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

[BNYS 0323]

MARCH 2023

Sub. Code: 1512

(AUGUST 2022 & OCTOBER 2022 EXAM SESSIONS)

B.N.Y.S. DEGREE EXAMINATION

SECOND YEAR

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

PAPER IV – YOGA AND PHYSICAL CULTURE – I

Q.P. Code: 821512

Time: Three Hours

Answer ALL questions

Maximum : 100 Marks

I. Essay Questions:

(2 x 15 = 30)

1. Explain in detail role of yoga in special gifted children.
2. Psycho physiology of meditation and explain in detail about transcendental, Zen and Om Meditation.

II. Write Notes on:

(10 x 5 = 50)

1. Vajrasana and guptasana.
2. Procedure and benefits of Kechari mudra.
3. Purpose of hatha yoga.
4. Types of prana and their function.
5. Vipareetakarani mudra.
6. Jalaneti and its stages.
7. Vamana dhauti and its various techniques.
8. Digestive and abdominal group of pawanamuktasana series.
9. Chandra namaskara.
10. Role of Yoga for irregular menstruation.

III. Short Answers on:

(10 x 2 = 20)

1. Garbhasana.
2. Bhoochari mudra.
3. Beeja mantras of surya namaskara.
4. Sthala basti.
5. Dhauti.
6. Asanas of sankhaprakshalana.
7. Panting breathing.
8. Note on Agnisara kriya.
9. Yantra and bija mantra of manipura chakra.
10. Chopping wood.
