

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

**[BNYS 0323]**

**MARCH 2023**

**Sub. Code: 1520**

**(AUGUST 2022 & OCTOBER 2022 EXAM SESSIONS)**

**B.N.Y.S. DEGREE EXAMINATION**

**THIRD YEAR**

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

**PAPER V – YOGA & PHYSICAL CULTURE – II**

***Q.P. Code: 821520***

**Time: Three Hours**

**Answer ALL questions**

**Maximum : 100 Marks**

**I. Essay Questions:**

**(2 x 15 = 30)**

1. Elaborate in detail about the comparative study of shat kriyas with other systems of medicine.
2. What are the obstacles which obstruct, progress and distract the aspirants Consciousness.

**II. Write Notes on:**

**(10 x 5 = 50)**

1. Sithalikarna vyayama.
2. Techniques of waling and running.
3. Sahita pranayama according to gheranda samhita.
4. Chayoupasana.
5. MSRT.
6. Purpose of hatha yoga.
7. How to overcome kleshas?
8. Asanas according to Siva samhita.
9. Physiological effects of asanas on skin.
10. Yoga in related to political life.

**III. Short Answers on:**

**(10 x 2 = 20)**

1. Sankatasana.
2. Varieties of mayurasana in Hatha yoga pradipika.
3. Virama pratyaya.
4. Moorcha pranayama.
5. Eye exercise.
6. Dristis.
7. Isometric exercise.
8. Samadhi according to gheranda samhita.
9. Turiya state.
10. Chakra bandha.

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