

[LN 1512]

AUGUST 2018

Sub. Code: 1512

**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. Explain in Psycho physiological effects of Meditation and types of Meditation.
2. Energy Block Posture.

**II. Write Notes on:**

**(10 x 5 = 50)**

1. Sama Vritti Pranayama.
2. Weighing scale pose and Psychic union pose-procedures.
3. Kathopanishad description on Yoga.
4. Describe Tongue lock yoga practice.
5. Attitude of Psychic Union.
6. Accomplished pose for Men.
7. Five stages of invocation of Energy.
8. Pancha Pranas.
9. Swami Sivanandha.
10. Uddiyana Bandha.

**III. Short Answers on:**

**(10 x 2 = 20)**

1. Samasthiti asana.
2. Amaroli neti.
3. Sthala Basti.
4. Sahita Pranayama.
5. Name the foods which are prohibited for the Yogis?
6. Variations of Jala neti.
7. Two techniques of horse gesture.
8. Name the fourth text on Hatha Yoga and its author.
9. Stages of Laukiki Karma.
10. Symptoms of kundalini.

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