

[LP 1512]

AUGUST 2019

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. Bandhas in detail.
2. Recent research work published in indexed journals on physiological aspects of Yogasanas and Pranayama.

II. Write Notes on:

(10 x 5 = 50)

1. Surya namaskar and its importance in health.
2. Preksha meditation.
3. Physiological and spiritual importance of shatkriya practice.
4. Cautions for the practice of asanas.
5. Techniques and effects of Samasthithi.
6. Sama Vritti Pranayama.
7. Importance of pratyahara.
8. Mudras their neuro muscular and glandular effects on the body.
9. Research on physiological effects of Shanka prakashalana.
10. Patanjali's Five Causes of Chitta Vritti.

III. Short Answers on:

(10 x 2 = 20)

1. Moola dhauti.
2. Name the six postural and Nine head mudras.
3. Pancha Makara.
4. Kaliyuga.
5. Vahana and karmendria of seven chakras.
6. Nirvitarka Samadhi.
7. Vyaghra kriya.
8. Nine inverted asanas.
9. Nirvitarka Samadhi.
10. Causes of success in sadhana.
