

[LQ 1520]

FEBRUARY 2020

Sub. Code: 1520

**THIRD B.N.Y.S. DEGREE EXAMINATION**  
**PAPER V – YOGA AND PHYSICAL CULTURE - II**

*Q.P. Code : 821520*

**Time: Three Hours**

**Maximum : 100 Marks**

**Answer All questions**

**I. Essay Questions:**

**(2 x 15 = 30)**

1. What is Kriyas? Explain all six Kriyas according to Gherenda Samhita.
2. Explain detail about self management of Excessive Tension.

**II. Write Notes on:**

**(10 x 5 = 50)**

1. Swara Yoga.
2. Ten Kaivalya Pada's Sutras.
3. Chakras and its locations with diagram.
4. Purpose of hatha Yoga.
5. Write note about nadis and nervous system.
6. Influence of Yoga in political life and sports.
7. Pranic energy and breath-Elaborate.
8. Physiological effects of exercise on CVS & RS.
9. Six supporting factors of Yoga.
10. Asanas working on vestibular organs.

**III. Short Answers on:**

**(10 x 2 = 20)**

1. Swana Pranayama.
2. Niyamas.
3. Peacock Pose Asanans procedure, diagram.
4. Write about the bija mantras and its importance.
5. Note about Ichchha.
6. What are the pancha tattwa?
7. What is treat Yoga?
8. Technique of vyutkrama kapalbhati.
9. What is Jagrat auastha?
10. Dhyana and its way of practice.

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