

[LO 1512]

MAY 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. Explain in detail about the psycho-physiological effects of Vipassana meditation and transcendental meditation.
2. Hints and cautions for the practice of Pranayama Techniques and asanas as per swami Sathyananda.

II. Write Notes on:

(10 x 5 = 50)

1. Differences between Siddhasana, Vajrasana, Muktasana and Guptasana.
2. Amaroli Mudra.
3. Reversing attitude Mudra.
4. Different chakras, its seat and its qualities.
5. Patanjali's five causes of Chitta Vritti.
6. Parsva Dhanurasana.
7. Five types of prathyahara and Bhakthi.
8. Techniques and effects of Samasthithi.
9. Sama Vritti Pranayama.
10. Compare easy cobra pose, cobra pose and Snake pose.

III. Short Answers on:

(10 x 2 = 20)

1. Misconceptions of yoga.
2. Pancha Makara.
3. Nine head mudras with other names.
4. Eight major siddhis.
5. Variations of jala neti.
6. Zen meditation.
7. Contraindication of jala neti.
8. Contraindication of mahabandha and jalandhara bandha.
9. Nirvitarka Samadhi.
10. Contraindication for Sheetkari.
