

[LO 1520]

MAY 2019

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. Explain in detail about Sadana Pada.
2. Explain about bandhas and mudras according to hatha yoga pradipika.

II. Write Notes on:

(10 x 5 = 50)

1. Jala neti.
2. Pancha vrittis.
3. Eye exercises.
4. Vastra dhouti.
5. Yogic breathing.
6. Yoga in political life.
7. Misconceptions of yoga.
8. Explain about ajna chakra with diagram.
9. Difference between yoga and physical exercises.
10. Meditative asanas and its benefits.

III. Short Answers on:

(10 x 2 = 20)

1. Dharana.
2. Sheetali and sheetkari.
3. Tantra yoga.
4. Length of swara.
5. Passive stretching.
6. Kaivalya pada.
7. Bahiranga yoga.
8. QRT.
9. Vyana.
10. Savicara samadhi.
