

[LP 1502]

OCTOBER 2019

Sub. Code: 1502

**FIRST B.N.Y.S. DEGREE EXAMINATION**

**PAPER II – PHILOSOPHY AND PRACTICE OF YOGA**

*Q.P. Code : 821502*

**Time: Three Hours**

**Maximum : 100 Marks**

**Answer All questions**

**I. Essay Questions:**

**(2 x 15 = 30)**

1. Write in detail about the branches of yoga and explain Astanga yoga.
2. History of yoga and explain modern trends in yoga.

**II. Write Notes on:**

**(10 x 5 = 50)**

1. Shashankasana.
2. Define Pranayama and its role in human body and mind.
3. Differentiate Yogasanas and exercises.
4. Pratiloma pranayama.
5. Role of prana in yogasana and pranayama.
6. Hatha yoga.
7. Role of chakras in yoga.
8. Matsyasana.
9. Recent developments in yoga.
10. Research studies in Yoga.

**III. Short Answers on:**

**(10 x 2 = 20)**

1. Name the intermediate group of asanas.
2. Indications of Vrksasana.
3. Contraindications of Pawanamuktasana.
4. Thoracic breathing.
5. Benefits of Neti.
6. Yama.
7. Benefits of Bhastrika pranayama.
8. Mooladhara chakra.
9. Name the sukshma vyayama for osteoarthritis.
10. Ida and pingala nadi.

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