

[LP 1520]

OCTOBER 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. Elaborate the comparative study of Shat Kriyas with other systems of medicine.
2. A brief summary of Vibhuti Pada and Kai Valya Pada.

II. Write Notes on:

(10 x 5 = 50)

1. Write about the Vipasana Meditation.
2. How Yoga helps for social and political life?
3. Explain about the eye exercises.
4. General physiological effects of Asanas.
5. What is physiological effects of exercise in skin system?
6. Describe about Swara Yoga.
7. Effect of Bandhas and Mudras.
8. Kaphala bhati – procedure and effects.
9. Write about the Pranic currents.
10. How Nadis helps in Nervous system?

III. Short Answers on:

(10 x 2 = 20)

1. Effects of Basti.
2. Indication and procedure of Gajakarani.
3. Techniques of walking.
4. Four Slokas for Sadhana Pada.
5. Difference between Samadhi pada and Kaivalya Pada.
6. Nauli and its types.
7. Precaution of Shankaprakshalana.
8. Purposes of hatha Yoga.
9. Write about Gharenda Samhita.
10. Dhouti and its types.
