

FEBRUARY 2005

[KM 1502]

Sub. Code : 1502

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

First Year

Part I

Paper II — PHILOSOPHY AND PRACTICE OF YOGA

Time : Three hours

Maximum : 100 marks

Sec. A & B : Two hours and forty minutes
Sec. A & B : 80 marks

M.C.Q. : Twenty minutes

M.C.Q. : 20 marks

Answer ALL questions.

SECTION A — (2 × 15 = 30 marks)

Essay question :

1. What is Astanga yoga and explain Bahiranga yoga? (3 + 12 = 15)
2. Explain the historical highlights of yoga. (3 + 12 = 15)

SECTION B — (10 × 5 = 50 marks)

Write short notes on :

3. Purpose of yoga. (1+1 + 1 + 1 + 1 = 5)
4. Sankya philosophy and yoga. (1 + 4)

5. Patanjali. (3 + 2)
6. Samadhi. (1 + 4)
7. Asana and exercise. (2 + 3)
8. Sarvangasana and its effects. (3 + 2)
9. Shithalakarana Vyayama. (1 + 4)
10. Ardhamatsyandrasana and its effects. (4 + 1)
11. Nadishodana pranayama. (1 + 4)
12. Neti kriya. (1 + 4)