

August 2009

[KV 1502]

Sub. Code: 1502

B.N.Y.S DEGREE EXAMINATION.

(New Regulations)

First Year

Part I

Paper II – PHILOSOPHY AND PRACTICE OF YOGA

Q.P. Code : 821502

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

I. Long Essay:

(2 x 15 = 30)

1. Describe in detail about history of yoga according to puranas and smritis.
2. (a) Define Shatkriya. Explain in detail about Jalaneti.
(b) Describe about yogic breathic technique.

II. Short Notes:

(10 x 5 = 50)

1. Shakthibandasana.
2. Anuloma-viloma.
3. Trirathnas.
4. Marjariasana and its effects
5. Rajayoga
6. Prana-Pranic body.
7. Buddhism and yoga.
8. Clavicular breathing.
9. Sutra Neti.
10. Differences between Dharana and Dhyana.

III. Short Answers questions:

(10 x 2 = 20)

1. Define yoga according to Arabindo.
 2. Shroni Chakra.
 3. Contra – Indications of Halasana.
 4. What is Hathayoga.
 5. Bhakthi yoga.
 6. Karmayoga according to Bhagavath gita.
 7. Various objects of yoga.
 8. Name the yoga and story that represents 'Golden Embryo'.
 9. Importance of purusha and prakruthi in Sankhyaphilosophy.
 10. UDHANA.
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