

February 2010

[KW 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. Essay Questions:**

**(2 x 15 = 30)**

1. Define Pranayama. Explain about breathing and life span. Add a note on rules, regulations and limitations of Pranayama.
2. Write in detail about Astanga Asana.

**II. Short Notes:**

**(10 x 5 = 50)**

1. Yoga before the time of Patanjali.
2. Sankhya Philosophy and Yoga.
3. Kundalini Yoga.
4. Animal Postures.
5. Rules and Regulations of Yogasana.
6. Contra indications of Gajakarni Jala and Sutrarneti.
7. Sarvangasana.
8. Anuloma, Viloma and Pratiloma Pranayama.
9. Eye exercises.
10. Neti Kriya.

**III. Short Answers:**

**(10 x 2 = 20)**

1. Indications of Matsyasana.
  2. Classification of Yogasana.
  3. Define Granti and its types.
  4. Slokha for 'Samadhi'.
  5. Define Mudra and its types.
  6. Limbs of Hatha Pradipika.
  7. Slokha for 'Yama'.
  8. Contraindications of Paschimottanasana.
  9. Vamana Dhauti.
  10. Pancha koshas.
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