

AUGUST 2006

[KP 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

Theory : Two hours and
forty minutes

Theory : 80 marks

M.C.Q. : Twenty minutes

M.C.Q. : 20 marks

Answer ALL questions.

I. Long Essay :

1. What is Yoga? Write the various objects of yoga and explain modern trends in yoga. (2 + 8 + 10)
2. Explain the historical highlights of yoga. (15)
3. What is Asana? Explain the rule, regulations and limitations for the practice of Asana. Add a note on importance of Asanas in yogic curriculum. (2 + 8 + 5)

II. Write short notes on :

(6 × 5 = 30)

1. Anata Ranga Yoga. (1 + 2 + 2)
2. Mantra and Jnana Yoga. (1 + 2 + 2)
3. Pathanjali. (1 + 4)
4. Gomukhasana and its effects. (3 + 2)
5. Samkhya and Yoga. (1 + 2 + 2)
6. Sectional Breathing.