

AUGUST 2005

[KN 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 Theory : 80 marks
forty minutes

M.C.Q. : Twenty minutes M.C.Q. : 20 marks

Answer ALL questions.

I. Long Essay : (2 × 15 = 30)

1. Define Yoga and write the purpose of Yoga?
Explain Antaranga yoga. (2 + 6 + 7)

2. What is Pranayama? Explain the rules and
regulations for the practice of Pranayama and add a
note on Nadishodana Pranayama. (2 + 8 + 5)

- II. Write short notes on: (10 × 5 = 50)
1. Bahiranga yoga. (1 + 1 + 1 + 1 + 1)
 2. History of yoga according to puranas and smritis.
(2 + 2 + 1)
 3. Asanas and Kundalini. (2 + 2 + 1)
 4. Gomukhasana and effects. (3 + 2)
 5. Loosening Exercise. (2 + 3)
 6. Sectional Breathing. (2 + 1 + 1 + 1)
 7. Eye Exercise. (2 + 1 + 2)
 8. Pathanjali. (2 + 3)
 9. Anuloma - Viloma. (1 + 2 + 2)
 10. Jainism and Yoga. (1 + 2 + 2)