

FEBRUARY 2006

[KO 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. Essay question : (2 x 15 = 30)
1. Describe the various definitions of yoga and history of yoga according to Upanishads? (5 + 10)
  2. Describe in detail about Astanga yoga and add a note on rules and regulations for Asanas. (10 + 5)
- II. Write short notes on : (10 x 5 = 50)
1. Sankhya and yoga. (1 + 2 + 2)
  2. Mantra yoga and Laya yoga. (1 + 2 + 2)

3. Post pathanjali developments in yoga. (1 + 4)
4. Various objects of yoga. (1 + 4)
5. Gomukasana. (1 + 2 + 2)
6. Nadi shodana Pranayama. (1 + 4)
7. Pathanjali. (1 + 4)
8. History of yoga according to Puranas and Epics. (1 + 4)
9. Spiritual values of Pranayama. (1 + 4)
10. Sarvangasana. (1 + 2 + 2)