

AUGUST 2007

[KR 1502]

Sub. Code : 1502

II. Write short notes : (10 × 5 = 50)

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 :

(2 × 15 = 30)

1. Describe in detail about history of yoga according to Upanishads. (15)
2. What is Pranayama? Explain the rules and regulations and limitations for the practice of Pranayama? Add a note on sectional breathing. (15)

1. Purpose of yoga.
2. Kundalini and Laya yoga.
3. Ardha Matsyendrasana and its effects.
4. Panchaprana.
5. Jainism and Yoga.
6. Hiranyagrbha – Yoga.
7. Ashtanga Yoga.
8. Patanjali.
9. Sarvangasana.
10. History of yoga according to Puranas and Epics.