

August 2008

[KT 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. Long Essay : (2 × 15 = 30)
1. Define yoga and write the purpose of Yoga?  
Explain Antaranga yoga.
  2. What is Pranayama? Explain pranic body and spiritual aspirant? Add a note on rules and regulations and limitations for the practice of pranayama.