

## August 2008

### II. Short notes :

(10 × 5 = 50)

1. Ashtanga yoga.
2. Jainism and yoga.
3. Hiranyagarbha - yoga.
4. Paschimottanasana and its effects.
5. Samakhya philosophy and yoga.
6. Sectional breathing.
7. Mantra and Jnana yoga.
8. Patanjali.
9. Kundalini yoga.
10. Neti kriya.

### III. Write Short Answers.

(10 × 2 = 20)

1. Indications of Sarvangasana.
2. Steps of pranayama.
3. What is pratyahara?
4. Name the third pada of yoga sutras and how many Aphorisms.
5. Patanjali definition of yoga.
6. Contra indications of yogamudra.

7. Slokha for 'Asana' according to Hathayoga pradiipika.

8. Precautions for yogic practice.

9. What is the slokha for 'Niyama'?

10. Bahiranga yoga.