

August 2010

[KX 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. Essay Questions:

(2 x 15 = 30)

1. Define YOGASANA'S. Explain in detail about "PATANJALI'S ASTANGA YOGA".
2. (a) Define SHATKRIYA. Explain in detail about "JALANETI".
(b) Describe about YOGIC BREATHIC TECHNIQUE.

II. Short Notes:

(10 x 5 = 50)

1. Meditation.
2. Pranic Body.
3. Trikonasana – Variation, Indication and Contraindication.
4. Gajakarani Kriya.
5. Poorna Titali Asana.
6. Vajrasana - Variation, Indication and Awareness.
7. Define Meditative Asanas and give suitable examples.
8. Trirathnas.
9. Explain about systematization of yoga by Patanjali.
10. Knee Exercises.

III. Short Answers:

(10 x 2 = 20)

1. What is Pratyahara?
 2. Inventor of Ardhamat Syendrasana.
 3. What is the difference between Swedhambarar and Digambarar? (any 4)
 4. What is "Pratiloma Pranayama"?
 5. What is Sutra Neti? Write the contraindication of it.
 6. What is the preparatory practice of Jalaneti?
 7. Raja Yoga.
 8. What is Kundalini?
 9. UDANA.
 10. How will you practice Ardhapawanamuktanasana.
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