

AUGUST 2004

[KL 1502]

Sub. Code : 1502

3.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

First Year

Part I

Paper II — PHILOSOPHY AND PRACTICE OF YOGA

Time : Three hours Maximum : 100 marks

Sec. A & B : Two hours and Sec. A & B : 80 marks
forty minutes

M.C.Q. : Twenty minutes M.C.Q. : 20 marks

Answer Sections A and B in **SAME** Answer Book.

SECTION A — (2 × 15 = 30 marks)

Essay Question :

1. Write the history of Yoga from Indus Valley Civilization, Veda, Upanishad and Epics.

(3 + 4 + 4 + 4 = 15)

2. Write an essay on Yogic Yamas and Niyamas.

(8 + 7 = 15)

SECTION B — (10 × 5 = 50 marks)

Short notes :

3. Antarang Yoga.

4. Pranayama of Patanjali.

5. Sarvangasana.

6. Kunjal.

7. Hatha Yoga.

8. Kundalini.

9. Vitarka.

10. Buddhism and Yoga.

11. Suptavajrasana.

12. Jala Neti.

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Time : Three hours

Maximum : 100 marks

**Sec. A & B : Two hours and
forty minutes**

Sec. A & B : 80 marks

M.C.Q. : Twenty minutes

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Answer Sections A and B in SAME Answer Book.

Answer ALL questions.

SECTION A — (2 × 15 = 30 marks)

Long Essay :

**1. What are Toxins? How are they generated
Nutralized and eliminated from the body?**

(3 + 5 + 2 + 5 = 15)

**2. Name the 'Pancha Maha Boothas'. Explain in
detail about element water and element fire.**

(3 + 6 + 6 = 15)

SECTION B — (10 × 5 = 50 marks)

Write short note on :

- 3. Rest and relaxation.**
- 4. Natural immunity.**
- 5. Satvie diet.**
- 6. Fasting.**
- 7. Natural Family Planning Methods.**
- 8. Infra Red Radiation.**
- 9. Fundamental principles of Homeopathy.**
- 10. Facial Diagnosis.**
- 11. Old age health problems.**
- 12. Dhinacharya.**