



Rajiv Gandhi University of Health Sciences, Karnataka

III Year B.N.Y.S Degree Examination – June 2014

Time: Three Hours

Max. Marks: 80 Marks

YOGA AND PHYSICAL CULTURE

Q.P. CODE: 2515

Your answers should be specific to the questions asked
Draw neat labeled diagrams wherever necessary

LONG ESSAYS (Answer any two)

2 x 10 = 20 Marks

1. Explain the importance of Samadhi pada in Ashtanga yoga.
2. Explain Vipassana meditation, its application and its influence on health and disease.
3. What are Kriyas? Explain how kriyas help to cure disease.

SHORT ESSAYS (Answer any eight)

8 x 5 = 40 Marks

4. Explain DRT and its benefits.
5. What is Kundalini yoga? Explain briefly.
6. How can, the social life can be, improved by application of yoga?
7. Briefly explain the precautions of eye exercise.
8. How can, yoga be applied in sports and games?
9. What is yogic diet? Explain Apathya.
10. Yoga is an effective method in child development. Write a note.
11. Explain Mithahara and its significance in yogic practices.
12. Kumbhakas

SHORT ANSWERS (Answer any ten)

10 x 2 = 20 Marks

13. Samyama
14. Pranayamas according to Hatha yoga pradipika
15. Pranayamas according to Gheranda Samhita
16. Define yoga according to Pathanjali.
17. Kaivalya
18. Pramana
19. Viparyaya
20. Vikalpa
21. Kleshas
22. Avidya
23. Bhava Pratyaya

