

Rajiv Gandhi University of Health Sciences

III Year B.N.Y.S Degree Examination – OCT-2019

Time: Three Hours

Max. Marks: 80 Marks

Yoga and Its Application (RS-3)

QP Code: 2541

(QP contains two pages)

Your answers should be specific to the questions asked.

Draw neat, labeled diagrams wherever necessary.

Section - A

Multiple Choice Questions

10 X 1 = 10 Marks

1. How many Nadis according to prapanchasara tantra?
 - a) 3,00,000
 - b) 4,00,000
 - c) 5,00,000
 - d) 6,00,000
2. Siddhasana means
 - a) Gracious pose
 - b) Auspicious pose
 - c) Adepts pose
 - d) Cockerel pose
3. Maha mudra means
 - a) The great lock
 - b) The great piercing
 - c) The great attitude
 - d) All the above
4. Transcendental meditation was introduced in the year
 - a) 1960
 - b) 1954
 - c) 1950
 - d) 1959
5. Hatha yoga began to emerge in India around
 - a) 7th century AD
 - b) 6th century AD
 - c) 9th century AD
 - d) 8th century AD
6. Patanjali lived between the years
 - a) 600 & 300 BC
 - b) 700 & 400 BC
 - c) 500 & 200 BC
 - d) 600 & 400 BC
7. How many Nadis are present in the body?
 - a) 75,000
 - b) 76,000
 - c) 72,000
 - d) 74,000
8. Dharma Parinama is the knowledge of
 - a) Sadhaka
 - b) Prakruti and Purusa
 - c) Samadhi
 - d) None of the above
9. Number of Upavayus
 - a) 8
 - b) 6
 - c) 7
 - d) 5
10. Total number of hatha yoga asanas
 - a) 16 lakh
 - b) 84 lakh

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- c) 18 lakh
d) 36 lakh

Section B

LONG ESSAYS (Answer any two)

2 X 10 = 20 Marks

11. Explain 5 types of meditation in detail with their benefits.
12. Shatkriyas in detail
13. Bandha and Mudras

SHORT ESSAYS (Answer any ten)

10 X 5 = 50 Marks

14. Dhanurasna
15. Explain any five meditation techniques with their benefits.
16. Mahasiddhas in detail
17. Physiological aspect of asana
18. Types of Tapa and Obstacles and their importance
19. Mayurasana
20. Viveka Jnanam
21. Siddhasana
22. Yoga in relation to social and political life
23. Plavini and Moorchha Pranayama
24. Kapalbhati and its benefits
25. Nadanusandhana

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