

[BNYS 0321]**MARCH 2021****Sub. Code: 1502****(MAY 2020 & AUGUST 2020 SESSION)****B.N.Y.S. DEGREE EXAMINATION****FIRST YEAR (From the academic year 2013-14) – PART I****PAPER II – PHILOSOPHY AND PRACTICE OF YOGA*****Q.P. Code : 821502*****Time: Three Hours****Answer ALL questions****Maximum : 100 Marks****I. Essay Questions:****(2 x 15 = 30)**

1. Explain Patanjali's Ashtanga yoga with necessary slokas.
2. What is Asana and classify it? Explain the rules, regulations and limitations for the practice of asanas.

II. Write Notes on:**(10 x 5 = 50)**

1. Ardhamatsyendrasana.
2. Jainism and yoga.
3. Kunjal kriya.
4. Hatha yoga.
5. Abdominal breathing.
6. Styles of contemporary yoga.
7. History of yoga according to epics, puranas and smriti literature.
8. Yoga – the mind body connection.
9. Shalabasana – procedure, indication and contra indication.
10. Define Pranayama, write about the Prana and life span.

III. Short Answers on:**(10 x 2 = 20)**

1. Tantra.
2. Pancha pranas.
3. Dharana.
4. Chakras and its location.
5. Vyagarasana.
6. Basti.
7. Two slokas from Sadhana pada.
8. Shad darshana.
9. Karma yoga.
10. Difference between Swethambaras and Digambaras.