

**[BNYS 0321]****MARCH 2021****Sub. Code: 1512****(MAY 2020 & AUGUST 2020 SESSION)****B.N.Y.S. DEGREE EXAMINATION****SECOND YEAR****PAPER IV – YOGA AND PHYSICAL CULTURE - I*****Q.P. Code : 821512*****Time: Three Hours****Answer ALL questions****Maximum : 100 Marks****I. Essay Questions:****(2 x 15 = 30)**

1. Explain in detail about practice of Sankha Prakshalana and its effects.
2. Surya Namaskara and its importance in health and diseased conditions.

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

1. Importance of Pratyahara explain.
2. Research on physiological aspects of Yogasanas, Pranayama, Meditation, Relaxation techniques explain.
3. Micro & Macro concepts of Pancha maha bootas.
4. Explain 'om' kara meditation.
5. Misconceptions about Yoga.
6. Yoga for women.
7. Write a note on Cobra respiration.
8. Write a note on Signs & Symptoms of Kundalini Awakening.
9. Write a note on Heating Pranayama in detail.
10. Yoga and Ayurveda.

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

1. 10 Niyamas according to Hatha yoga.
2. Explain Vyagrasana.
3. Types of Prana and their Functions.
4. Meditations Vs Concentration.
5. Explain Vyut Krama Kaphalbhati.
6. Karmendria of Anahata.
7. Rishi Patanjali.
8. Types of Kumbaka.
9. Explain Jalandhara Bandha.
10. Mudras and its classifications.

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