

[BNYS 0321]**MARCH 2021****Sub. Code: 1520****(MAY 2020 & AUGUST 2020 SESSION)****B.N.Y.S. DEGREE EXAMINATION****THIRD YEAR****PAPER V – YOGA AND PHYSICAL CULTURE – II*****Q.P. Code : 821520*****Time: Three Hours****Answer ALL questions****Maximum : 100 Marks****I. Essay Questions:****(2 x 15 = 30)**

1. What is Astakumbhakas? Explain briefly about each.
2. Detail about Physiological aspect of asanas.

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

1. Self management of effect of exercise on muscle and joints.
2. Function of desha-Vayu.
3. Write in detail about Yoga nidra and it's various stage in sequence.
4. Define Kundalini Yoga. How to raise it? What are the benefits of Kundalini Yoga?
5. Vahnisara dhauti procedure, contra-indications.
6. TTK-Solution Preparations.
7. Explain - nauli.
8. Alternating the flow of breath.
9. Yoga for political and social life.
10. Benefits of cyclic meditation-Enumerate stress hormone.

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

1. Kaya Kalpa.
2. Amaroli; neti benefits, contra indications.
3. Manipura Chakara-meaning, yantra, bija manta.
4. Define Duaita.
5. Write about Hamsah.
6. What is Kanchuka?
7. Write about Siddhi-Laghima.
8. Note on Maithuna.
9. Which is the first stage of Sabija Samadhi?
10. Define Niruikalpa.
