

**KALOJI NARAYANA RAO UNIVERSITY OF HEALTH SCIENCES
WARANGAL, TELANGANA STATE – 506 002**

**SECOND BNYS PART- II YEAR DEGREE SUPPLEMENTARY EXAMINATIONS:
NOVEMBER, 2024**

**YOGA
PAPER– I**

Time: 3 Hours

Max Marks: 80

Note: Answer all questions

Draw diagrams wherever necessary

Write an essay on the following questions:

2 X 10 = 20

1. Explain in detail about shad darshanas.
2. Elaborate on philosophy of Yoga in relation to Naturopathy.

Write a short note on the following:

10 X 5 = 50

3. Explain in detail about Avidya
4. Christianity.
5. Ramana maharshi.
6. Samadhi
7. Chittavritti and Kleshas.
8. Yogopanishads.
9. Yoga in relation to psychology
10. Aristotle
11. Vibudhi pada
12. Saivism

Write briefly on the following:

5 X 2 = 10

13. Name the mudras which is mentioned in Hathayoga.
14. Define Kundalini yoga.
15. Benefits of Gnana Yoga.
16. What is Dharana
17. Name the five Sheaths
