

KALOJI NARAYANA RAO UNIVERSITY OF HEALTH SCIENCES
WARANGAL, TELANGANA STATE – 506 002
BNYS SECOND YEAR PART- II DEGREE EXAMINATIONS: JANUARY 2026

YOGA
PAPER– I

Time: 3 Hours

Max Marks: 80

Note: Answer all questions

Give diagrammatic representation wherever necessary.

Write an essay on the following:

2 X 10 = 20

1. Explain in detail about evolution theory of Sankhya Darshana.
2. Explain in detail about Raja Yoga.

Write a short note on the following:

10 X 5 = 50

3. Islam and Sufism.
4. Contribution of Sri Aurobindo.
5. Plato.
6. Historical highlights of Yoga.
7. Yoga and Psychology.
8. Yoga and Religion.
9. Chitta Vrutti.
10. Swami Vivekananda.
11. Kaivalya pada.
12. Tantra yoga.

Write briefly on the following:

5 X 2 = 10

13. Vibhuthi Pada.
14. Three texts of Vedantha Philosophy.
15. Name the Karma Yogis.
16. Bahiranga Yoga.
17. Name the Chakras.
