

PAPER CODE: BN616

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

BNYS SECOND YEAR PART – II DEGREE SUPPLEMENTARY EXAMINATIONS: JULY 2025

**YOGA
Paper -I**

Time: 3 Hours

Max Marks: 80

Note: Answer all questions

Draw diagrams wherever necessary

Write Essay on the following questions:

2 X 10=20

1. Explain about historical highlights of Yoga?
2. Explain about philosophy of Astanga yoga in the light of Patanjali yoga sutras.

Write Short notes on the following:

10 X 5=50

3. Saivism.
4. Hatha yoga pradipika.
5. Ramakrishna paramahansa.
6. Plato.
7. What is yoga, write about various definition of Yoga.
8. Describe karma Yoga.
9. Christianity.
10. Sri Aurobindo.
11. Dynamic and static exercise.
12. Yoga in relation to psychology.

Write briefly on the following:

5 X 2=10

13. Jnana Yoga.
14. Describe about Hatha Yoga.
15. Define culture.
16. Benefits of Kundalini Yoga.
17. Name shad darshanas.
