

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

BNYS SECOND YEAR PART- II DEGREE EXAMINATIONS: JANUARY,2026

**YOGA
PAPER– II**

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 about effects of Asanas on Muscles and Joint.
2. Explain about Astanga Yoga.

Write a short note on the following:

10 X 5 = 50

3. Shirshasana.
4. Preparatory breathing exercises.
5. Kapalabhati.
6. Dharana.
7. Benefits of Pranayama.
8. Vipasaya.
9. Physiological effects of asanas on Blood Circulation.
10. Dhouti.
11. Garbhasana.
12. Spiritual values of Shad kriyas.

Write briefly on the following:

5 X 2 = 10

13. Benefits of Mudras.
14. Trigunas.
15. Define pranayama.
16. Name Bandas.
17. Indication of Jala Nets.
