

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

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

**YOGA
PAPER– II**

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 about rules and regulations to be followed for practising Asanas.
2. Explain in detail about Shatkriyas, types and its benefits.

Write a short note on the following:

10 X 5 = 50

3. Effects of Asanas on reflexes.
4. Eye exercises and its benefits
5. Sudarshana kriya
6. Bujangasana and its benefits
7. Sitali pranayama
8. Bandhas
9. Gajakarni and Agnisara Kriya
10. Mayurasana and its effects
11. Dharana
12. Garudasana

Write briefly on the following:

5 X 2 = 10

13. Nasikagra dristi.
14. Name yamas
15. Pratyahara and its types
16. Benefits of Mudras
17. Indications of Sutraneti
