

YOGA

Paper -II

Time: 3 Hours

Max Marks: 80

Note: Answer all questions

Draw diagrams wherever necessary

Write an essay on the following question:

2 X 10 = 20

1. Explain about spiritual values of Shadkriyas?
2. Explain about nutrition- based on yoga concept of Trigunas.

Write a short note on the following:

10 X 5 = 50

3. Yamas.
4. Bhujangasana –variation.
5. Preparatory breathing exercise.
6. Vipassana.
7. Physiological effects of Pranayama.
8. Explain about bandhas.
9. Pranayama.
10. Cyclic Meditation.
11. Vakrasana.
12. Pratyahara.

Write briefly on the following:

5 X 2 = 10

13. Jalaneti benefits.
14. Indications of Sitali Pranayama.
15. Asanas vs. exercise.
16. Define bandha.
17. Benefits of Trataka.
