

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
A Deemed to be University established under Section 3 of the UGC Act, 1956

Program: BNYS
Subject Name: Acupuncture & Acupressure
Year Period: April, 2024 – March, 2025
Date: 11.02.2025
Examination Mode: Regular/Back Paper

Year: 3rd Year
Subject Code: BNYS 302 T1
Batch: Dec, 2021, Nov, 2020 & Aug, 2019
Time: 09.45 pm to 12.45 pm
Max. Marks: 80

General Instructions:

1. Read all the questions carefully and then start writing
2. Do not write anything on the question paper
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Reg No:

Multiple Choice Questions (Attempt All) – 1 Mark for each Question **10 *01 =10 Marks**

1. Yin channels are called as.....
 - a. Zang channels
 - b. Fu channels
 - c. Hollow channels
 - d. Both b & c
2. 'The thicker the needles, the greater the efficacy', said by-----
 - a. Dr. Sa So Lie
 - b. Dr. De La Fuye
 - c. Dr. Chu Sao Sang
 - d. Dr. Ming Sao Dynasty
3. Alarm point for Small Intestine.....
 - a. UB 26
 - b. UB 27
 - c. UB 28
 - d. UB 29
4. Injury to medulla oblongata can occur, due to needling on-----point.
 - a. CV 17
 - b. UB 10
 - c. GB 19
 - d. TW 17
5. Points are belonging to Belt Vessel, EXCEPT.....
 - a. GB 26.
 - b. GB 27.
 - c. GB 28.
 - d. GB 29
6. Which meridian belongs to 2nd position in right hand (superficial) in pulse diagnosis?
 - a. Sp
 - b. St
 - c. GB
 - d. Liv
7. Location of Parotid gland in Auriculotherapy.....
 - a. Anti Tragus
 - b. Tragus
 - c. Helix
 - d. Anti Helix
8. TENS acupuncture contraindicated in the case of.....
 - a. Myocardial Ischemia
 - b. Skin Diseases
 - c. Pregnancy
 - d. All of the above
9. Barrier used in indirect moxibustion.....
 - a. Salt
 - b. Garlic
 - c. Ginger
 - d. All of the above
10. Total number of points in St meridian.....
 - a. 44
 - b. 45
 - c. 46
 - d. 47.

Short Notes (Attempt any Ten) – 2 Marks for each Question**10 *02 =20 Marks**

11. Metal element
12. Sharp-edged needle.
13. Plum blossom needle
14. Recumbent posture
15. Dangerous points close to proximity to the vessels
16. Yinlingquan - location and peculiarities.
17. Jianjing - location and therapeutic indication
18. Different shapes of tongue according to TCM.
19. List out the points belong to lobules in auriculotherapy
20. Crude method
21. Indirect moxibustion with garlic
22. Difference between acupressure and reflexology

Short Essay (Attempt any Six) – 5 Marks for each Question**06 *05 =30 Marks**

23. Explain in detail about neurological theories of acupuncture.
24. Chemical methods of sterilization of acupuncture needles
25. Difference between BU and XIE
26. Location and peculiarities of elemental points of pericardium meridian.
27. Different types of pulse
28. History of scalp acupuncture. List out the different areas in scalp acupuncture along with diagram.
29. Acupressure management for nausea and vomiting
30. Explain in detail about management of peri arthritis of shoulder by acupuncture with proper justification.

Long Essay: (Attempt any Two) – 10 Marks for each Question**02* 10 =20 Marks**

31. Elaborate in detail about classical nine types of acupuncture needles based on Huangdi's Internal Classic Ling-Shu.
32. Elaborate in detail about the different methods for locating acupuncture points. Short note on distal points.
33. Define acupressure. Explain in detail about physiological mechanism of acupressure for suppressing the pain. Short note on indications and contraindications of acupressure

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
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Program: BNYS

Subject Name: Manipulative Therapies

Year Period: April, 2024 – March, 2025

Date: 07.02.2025

Examination Mode: Regular/Back Paper

Year: 3rd Year

Subject Code: BNYS 301 T1

Batch: Dec, 2021 & Nov, 2020

Time: 09.45 am to 12.45 pm

Max. Marks: 80

General Instructions:

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Multiple Choice Questions (Attempt All) – 1 Mark for each Question **10 *01 =10 Marks**

1.gave massages to horses and dogs to strengthen the limbs
 - a. Pliny
 - b. Arrian
 - c. Celsus
 - d. Galen
2. Which type of lubricant would be most suitable for a deep tissue massage, and why?
 - a. Water-based
 - b. Oil-based
 - c. Synthetic gel
 - d. Lotion
3. The massage room temperature should be....
 - a. 75-80 degrees F
 - b. 65-80 degrees F
 - c. 70-80 degrees F
 - d. 55-70 degree F
4. Which of the following is correct for the partial pressure of oxygen in alveoli?
 - a. Less than carbon dioxide
 - b. Less than the blood
 - c. More than the blood
 - d. Equal to that of the blood
5. Lapan means:
 - a. applying medicated oil or herb.
 - b. Kneading the body parts with fingers.
 - c. Tamplng the body with the foot.
 - d. Mouth is filled with oil
6. The term "subluxation" in chiropractic refers to:
 - a. Complete dislocation of a joint
 - b. Misalignment of vertebrae
 - c. Bone fracture
 - d. Muscle strain
7. Osteopathy was founded by:
 - a. Andrew Taylor Still
 - b. Daniel David Palmer
 - c. Harvey Cushing
 - d. William Osler
8. What property of bergamot oil makes it beneficial for reducing symptoms of depression?
 - a. Anti-inflammatory
 - b. Uplifting and mood-enhancing
 - c. Antibacterial
 - d. Sedative
9. Massage during PMS reduction...
 - a. Back pain
 - b. Mood swing
 - c. Leg cramps
 - d. All of the above

10. Who is considered the founder of chiropractic?
- William Garner Sutherland
 - B.J. Palmer
 - Daniel David Palmer
 - Andrew Taylor Still.

Short Notes (Attempt any Ten) – 2 Marks for each Question

10 *02 =20 Marks

- Egypt's contribution to massage
- Techniques come under Percussion.
- What is the position of the masseur and receiver?
- What are the nerve supply to GIT?
- Somatic neural system
- Rakta Mokshana.
- Mention different types of Balinese massage
- Define Homeostasis.
- What techniques are commonly used in osteopathic treatment?
- Essential oils for Hypertension?
- Use of Ylang Ylang
- Effect of post-natal massage.

Short Essay (Attempt any Six) – 5 Marks for each Question

06 *05 =30 Marks

- Explain about the natives of Sandwich Island, the Natives of Tonga island and Paracelsus.
- What do you mean by the sedative effect in massage?
- How does massage help in detoxification?
- Explain Shiatsu massage.
- Difference between chiropractic and massage
- Write about osteopathy history and principles.
- Write the method of use, action & healing effects of
 - Bergamot
 - Charmomile
 - Tea Tree.
- Historical highlight of Reflexology.

Long Essay: (Attempt any Two) – 10 Marks for each Question

02* 10 =20 Marks

- Explain the historical highlights of massage
- Explain in detail about Pizhichil along with its benefits
- Define carrier oil, explain the various types of carrier oils and add a note on mixing and specific feature of aroma oils

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
A Deemed to be University established under Section 3 of the UGC Act, 1956

Program: BNYS

Subject Name: Modern Diagnosis

Year Period: April, 2024 – March, 2025

Date: 20.02.2025

Examination Mode: Regular/Back Paper

Year: 3rd Year

Subject Code: BNYS 306 T1

Batch: Dec, 2021 & Nov, 2020

Time: 09.45 am to 12.45 pm

Max. Marks: 80

General Instructions:

1. Read all the questions carefully and then start writing
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Multiple Choice Questions (Attempt All) – 1 Mark for each Question **10 *01 =10 Marks**

1. Hypomimia is observed in
 - a. Parkinson
 - b. Addison's
 - c. Alzheimer
 - d. Coma
2. A plug of sebum and keratin wedged in dilated pilosebaceous orifice on the face is
 - a. Freckle
 - b. Comedo
 - c. Crust
 - d. Millium
3. Dermatological distribution of skin lesion is observed in
 - a. Necrobiosis Lipodica
 - b. Herpes
 - c. Lichen Planus
 - d. Syphillis
4. Pink Frothy Sputum is Produced in.
 - a. Pulmonary edema
 - b. Tuberculosis
 - c. Chronic Bronchitis
 - d. Emphysema
5. Palpable left sternal impulse is suggestive of
 - a. RVH.
 - b. LVH.
 - c. CCF
 - d. MR
6. Distended Veins over chest wall is seen due to
 - a. Cardiomyopathy
 - b. SVC Obstruction
 - c. Tonsillitis
 - d. Bronchial CA
7. Wheeze indicates
 - a. Tuberculosis
 - b. Pulmonary oedema
 - c. Bronchial constriction
 - d. Lung Fibrosis
8. Auscultation of opening snap is observed in
 - a. MS
 - b. MR
 - c. AR
 - d. AS

9. Azotaemia is
- Increased Albumin level
 - Increased Creatinine
 - Increased Urea products
 - Increased total protein

10. Which of the following reflects iron supply?
- Serum Iron
 - TIBC
 - Serum Ferritin
 - Ceruloplasmin

Short Notes (Attempt any Ten) – 2 Marks for each Question

10 *02 =20 Marks

- Haematochezia and Melena
- Kyelonachia
- Heberden and Bouchard nodes
- Nystagmus.
- Babinski sign.
- Pheochromocytoma
- Romberg test
- Hemiballismus
- Diagnostic Thoracentesis
- Diagnostic Paracentesis
- Classification of CKD based on GFR
- Pure Tone Audiometry

Short Essay (Attempt any Six) – 5 Marks for each Question

06 *05 =30 Marks

- Define and classify cyanosis, and add a note on the clinical implications of cyanosis
- Mention different types of fever and add a note on Remittent and Intermittent fever
- Mention different abnormalities of nail
- Mention the Auscultatory areas of the heart and add a note on abnormal heart sounds.
- Methods of palpation of Spleen and add a note on Heckets classification of Splenomegaly
- ILAE classification of seizures.
- Explain different methods of Barium studies
- Hepatitis causes types and investigation

Long Essay: (Attempt any Two) – 10 Marks for each Question

02* 10 =20 Marks

- Explain in detail about presenting complaints, signs and physical examination for Tuberculosis and add a note on Clinical Investigations.
- Explain in detail about symptoms, signs, and clinical examination of the abdomen
- Explain in detail about spirometry

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
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Program: BNYS

Subject Name: Naturopathy Diagnosis

Year Period: April, 2024 – March, 2025

Date: 18.02.2025

Examination Mode: Regular/Back Paper

Year: 3rd Year

Subject Code: BNYS 305 T1

Batch: Dec, 2021 & Nov, 2020

Time: 09.45 am to 12.45 pm

Max. Marks: 80

General Instructions:

1. Read all the questions carefully and then start writing
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Reg No:

Multiple Choice Questions (Attempt All) – 1 Mark for each Question **10 *01 =10 Marks**

1. The book New Science of Healing is written by
 - a. Louis Khune
 - b. Benedict Lust
 - c. Adolf Just
 - d. Herbert. M. Shelton
2. The area represents stomach in face map
 - a. ear
 - b. mouth
 - c. nose
 - d. Chin
3. Degenerative changes can be seen in the iris as
 - a. Green Colour
 - b. Yellow Colour
 - c. Blue Colour
 - d. Black Colour
4. Bright red spots seen in ----- poisoning.
 - a. Sodium
 - b. Iodine
 - c. Lead
 - d. Opium
5. The lacunae which shows the precancerous sign:
 - a. Divided lacunae.
 - b. Jelly fish lacunae.
 - c. Step lacunae
 - d. Asparagus lacunae
6. Theory of toxemia was put forward by
 - a. Iagnatz von Peczely
 - b. Louis Khune
 - c. Henry Lindhalr
 - d. J.H.Tilden
7. The pancreas, kidneys and heart are located in
 - a. 1st Zone
 - b. 3rd Zone
 - c. 5th Zone
 - d. 7th Zone
8. Ignatz von Peczely saw the change in iris for the first time in the iris of
 - a. Parrot
 - b. Hen
 - c. Owl
 - d. Pigeon

9. Gereontoxon is another name for
- Radii Solaris
 - lymphatic Rosery
 - Arcus Senalis
 - Scurf Rim

10. Nerve rings are caused due to
- Stress on the organ
 - Deposition of morbid Matter
 - Inflammation of organs
 - None of the above

Short Notes (Attempt any Ten) – 2 Marks for each Question

10 *02 =20 Marks

- Normal colour according to Facial Diagnosis
- What is mixed encumbrance?
- Unity of cure and unity of diseases
- Define toxaemia.
- Iridoscope.
- Miasmatic iris
- Arsenic poisoning
- Difference between closed and open lesions
- Hydrargyrisim
- Two characteristic feature of abnormal stool.
- Write two functions of skin
- Strychine

Short Essay (Attempt any Six) – 5 Marks for each Question

06 *05 =30 Marks

- Describe the three whites and its ill effects
- History of iris diagnosis and Herings Law of Cure
- Define autonomic nerve wreath and its type
- Lymphatic Rosary.
- Nethra pareeksha
- Explain the abnormal features of the skin and how to overcome through the life style modifications.
- Draw a neat diagram of tongue and represents the different areas with normal and abnormal features
- Pulse diagnosis

Long Essay: (Attempt any Two) – 10 Marks for each Question

02* 10 =20 Marks

- Practices employed in the elimination of foreign matter and its importance in impairing the vitality?
- How naturopathic modalities help in the removal of different types of encumbrances?
- Explain in detail about normal iris with reference to Colour and Density. Add a note on Anatomy of iris.

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
A Deemed to be University established under Section 3 of the UGC Act, 1956

Program: BNYS
Subject Name: Nutrition & Medicinal Herbs
Year Period: April, 2024 – March, 2025
Date: 15.02.2025
Examination Mode: Regular/Back Paper

Year: 3rd Year
Subject Code: BNYS 304 T1
Batch: Dec, 2021 & Nov, 2020
Time: 09.45 am to 12.45 pm
Max. Marks: 80

General Instructions:

1. Read all the questions carefully and then start writing
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Reg No: _____

Multiple Choice Questions (Attempt All) – 1 Mark for each Question **10 *01 =10 Marks**

1. Antioxidants fight against
 - a. Bacteria
 - b. Viruses
 - c. Free radicals
 - d. None of the above
2. The most direct method for measuring body composition is:
 - a. Underwater weighing
 - b. Body fat
 - c. Body mass
 - d. None of the above
3. Which of these factors reduces the risk for cancer of the colon & rectum?
 - a. Vitamin C
 - b. Dietary fiber
 - c. Alcohol
 - d. Oestrogen
4. Fermentation increases.
 - a. Digestibility
 - b. calcium
 - c. Vitamin A
 - d. Total protein
5. Coeliac disease is a manifestation of:
 - a. Lactose intolerance.
 - b. Tropical sprue.
 - c. Chronic constipation
 - d. Gluten intolerance
6. The intake of which minerals is not affected by high intakes of foods containing phytic acid?
 - a. Calcium
 - b. Potassium
 - c. Zinc
 - d. Iron
7. Which of the following stimulates the secretion of hormones such as insulin, prolactin etc
 - a. Arginine
 - b. Glutamine
 - c. Omega 3
 - d. Omega 6
8. Which of the following is called as an Indian Gooseberry?
 - a. Embelica officinalis
 - b. Cuminum cyminum
 - c. Asparagus racemosus
 - d. None of the above

9. Fetal Alcohol Syndrome (FAS) is caused by:
- Smoking during pregnancy
 - Alcohol exposure during pregnancy
 - Poor diet during pregnancy
 - High quantities of alcohol during Prenatal period

10. What is the energy value derived from a bomb calorimeter for 1g of carbohydrate (CHO)?
- 3.2 kcal
 - 4.1 kcal
 - 5.5 kcal
 - 7.2 kcal

Short Notes (Attempt any Ten) – 2 Marks for each Question

10 *02 =20 Marks

- Explain French paradox?
- Define Basal Metabolic Rate
- What are Aflatoxins?
- What are emulsifiers? Provide two examples.
- Ill effects of consuming refined products.
- Risk factors of Atherosclerosis
- Indicated vegetables in Hypertension
- What are eliminative foods in naturopathy diet?
- IMR Act (Infant Milk Substitute, Feeding Bottles, and Infant Foods Act)
- Note on Ghrelin
- Define non-maleficence
- Mention the scientific name of Garlic and its benefits

Short Essay (Attempt any Six) – 5 Marks for each Question

06 *05 =30 Marks

- Explain the Free radical formation and action?
- Explain the Body Weight Regulation theories?
- Define natural toxins and explain the different types of natural toxins found in food?
- Write a note on Seed-cycling therapy for healthy menstruation in adolescent girls.
- Explain the stages of Liver diseases. Add a note on liver enzymes?
- Eating disorders in adolescents.
- Explain the role of Nutrition on gene expression process. Add a note on Nutrigenetics.
- Write in detail about Punica Granatum?

Long Essay: (Attempt any Two) – 10 Marks for each Question

02* 10 =20 Marks

- Describe Energy needs and its measurement methods? Discuss the Total Energy requirement?
- Define Hyperlipidemia and Dietary modification in Hyperlipidemia? Add a note on Bad cholesterol and cardiovascular health risk?
- Define herbal medicine, its principles, preparation methods and benefits. how to integrate herbology with modern health care?

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
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Program: BNYS

Subject Name: Psychology & Basic Psychiatry

Year Period: April, 2024 – March, 2025

Date: 22.02.2025

Examination Mode: Regular/Back Paper

Year: 3rd Year

Subject Code: BNYS 307 T1

Batch: Dec, 2021 & Nov, 2020

Time: 09.45 am to 12.45 pm

Max. Marks: 80

General Instructions:

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Multiple Choice Questions (Attempt All) – 1 Mark for each Question

10 *01 =10 Marks

1. Who is the Father of logo therapy?
 - a. B.F. Skinner
 - b. Rotter
 - c. Viktor Frankle
 - d. Anna Freud
2. The awareness of where our body parts are and their position in space is called _____
 - a. Olfaction
 - b. Gustation
 - c. Proprioception
 - d. Audition
3. The ability to access a visual memory for 30 seconds or more is called _____
 - a. Sensory memory
 - b. Masking
 - c. Eidetic imagery
 - d. Iconic memory
4. Existentialist intelligence is part of _____
 - a. Spearman's intelligence
 - b. Thurstone intelligence
 - c. Gardner's intelligence
 - d. Weschler's intelligence
5. Oedipus complex is seen in which stage of psychosexual development
 - a. Oral.
 - b. Anal.
 - c. Phallic
 - d. Latency
6. Which among the following is a projective test for personality assessment?
 - a. Rorschach Inkblot
 - b. MMPI
 - c. WAIS
 - d. PSQI
7. Gifted individuals possess an IQ of
 - a. 100 -110
 - b. above 130
 - c. 90 -100
 - d. above 70
8. Which of the following is a perceptual disturbance?
 - a. Depersonalization & Derealization
 - b. Somatic Passivity
 - c. Thought Echo
 - d. All of the above

9. Seasonal Affective Disorder (SAD) is most commonly linked to which environmental factor?
- Increased temperature
 - Lack of natural sunlight
 - Exposure to allergens
 - Pollution levels

10. Which of the following is considered a stimulant?
- Alcohol
 - Methamphetamine
 - Opioids
 - Benzodiazepines

Short Notes (Attempt any Ten) – 2 Marks for each Question

10 *02 =20 Marks

- Sigmund Freud
- Narcolepsy
- Pragmatics
- Abraham Maslow.
- Moro's reflex.
- Iceberg Model
- Stereotype vulnerability
- Difference between ICD-10 & DSM-IV
- Hoover's sign
- Bipolar disorder
- Korsakoff's Psychosis
- Logotherapy in counselling

Short Essay (Attempt any Six) – 5 Marks for each Question

06 *05 =30 Marks

- Psychological dependence of drugs
- Differentiate between Implicit versus Explicit and Semantic versus Episodic memory
- Cattell-Horn-Carroll theory
- Piaget's Stages of Cognitive Development.
- Trait theories of Personality
- Describe the stages of General Adaptation syndrome.
- Explain in detail about OCD
- CBT and DBT

Long Essay: (Attempt any Two) – 10 Marks for each Question

02* 10 =20 Marks

- Write in detail about the application of Classical Conditioning in Phobia, Taste aversions and Drug dependency.
- Malini recently joined a new team at work and is finding it difficult to communicate with her colleagues. Using Carl Rogers' Humanistic Theory, how might Malini work on improving her self-concept and communication skills to build stronger relationships at work?
- Explain in detail the etiology, types, and clinical features of Schizophrenia

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
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Program: BNYS
Subject Name: Yoga & Its Applications
Year Period: April, 2024 – March, 2025
Date: 13.02.2025
Examination Mode: Regular/Back Paper

Year: 3rd Year
Subject Code: BNYS 303 T1
Batch: Dec, 2021, Nov, 2020 & Aug, 2019
Time: 09.45 pm to 12.45 pm
Max. Marks: 80

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Multiple Choice Questions (Attempt All) – 1 Mark for each Question

10 *01 =10 Marks

1. What is the purpose of the Niyamas in Yoga?
 - a. Control over the mind
 - b. Ethical discipline
 - c. Physical strength
 - d. Attaining material wealth
2. What does the term "Kaivalya" refer to?
 - a. Ultimate liberation
 - b. Deep meditation
 - c. A type of breathing exercise
 - d. A physical yoga posture
3. What is the purpose of "Vairagya" in Yoga?
 - a. To develop strength
 - b. To detach from desires
 - c. To increase energy levels
 - d. To control breathing
4. Which pose is known as the "Auspicious Pose" in Hatha Yoga?
 - a. Swastikasana
 - b. Siddhasana
 - c. Padmasana
 - d. Vajrasana
5. Which nadi is associated with vitality & physical energy?
 - a. Ida.
 - b. Sushumna.
 - c. Pingala.
 - d. Manas
6. What is the role of Mitahara in Hatha Yoga?
 - a. Fasting regularly
 - b. Eating a moderate & balanced diet
 - c. Consuming only liquids
 - d. Avoiding all cooked food
7. Which pranayama is said to awaken the Kundalini quickly?
 - a. Sheetali
 - b. Ujjayi
 - c. Bhastrika
 - d. Suryabheda
8. What does "Sat Nam" mean in Kundalini Yoga?
 - a. I bow to the divine
 - b. True identity
 - c. Inner peace
 - d. Eternal light
9. Which of these workouts mainly improves explosiveness?
 - a. Plyometrics
 - b. Walking
 - c. Steady-state cardio
 - d. Low-intensity yoga

10. What is the primary determinant of an athlete's VO₂ max?
- Lung capacity
 - Cardiac output and oxygen uptake efficiency
 - Body fat percentage
 - Muscle mass

Short Notes (Attempt any Ten) – 2 Marks for each Question

10 *02 =20 Marks

- Which chapter of The Yoga Sutras discusses "Kaivalya" or liberation?
- Explain "Dharma Megha Samadhi"
- What are the obstacles (Antarayas) in Yoga practice?
- How does "Gunatita" (transcending the gunas) lead to ultimate freedom?
- Name any two Shatkarmas mentioned in the text
- What is the function of Jalandhara Bandha?
- What is the ultimate goal of Nada Yoga?
- HPA Axis
- Difference between Nidra & Samadhi
- What is the role of "Samskaras" in determining human destiny?
- Which two energy forces does Hatha Yoga aim to balance?
- What is the significance of Vajroli Mudra?

Short Essay (Attempt any Six) – 5 Marks for each Question

06 *05 =30 Marks

- Differentiate between Yama & Niyama with examples.
- Explain the relationship between "Vasana", "Samskara", & "Karma"
- How does "Dharana" differ from "Dhyana" in deeper meditation?
- Who is Swatmarama, & why is his contribution to Hatha Yoga important?
- What is the connection between Raja Yoga & Hatha Yoga, as explained in the text?
- How does the preservation of Bindu (semen/energy) contribute to spiritual growth in yoga?
- Explain Tantra Yoga
- Explain Transcendental Meditations with following headings: Founder, Concept, Procedure & Benefits

Long Essay: (Attempt any Two) – 10 Marks for each Question

02* 10 =20 Marks

- Define "Samadhi" & explain its significance in spiritual enlightenment. How does Samadhi differ from other stages of meditation? What is the final goal of attaining Samadhi in Yoga?
- What is Khechari Mudra & why is it considered advanced? Explain the process of elongating the tongue for this practice. Discuss how it redirects Amrita for higher states of consciousness.
- Define Pranayama. What are types & effects of Pranayama elaborated in Traditional Yoga Texts?