

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: Anatomy - I

Year Period: December, 2021 to April, 2023

Date: 19.06.2023

Examination Mode: Regular/Supplementary

Year: 1st Year

Subject Code: BNYS 101 T1

Batch: Dec, 2021 & Dec, 2020

Time: 02.00 pm to 05.00 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
3. Write your registration number on the rectangular space provided here

Reg No:

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

1. The cubital fossa contains which of the following?
 - a. flexor digitorum superficialis
 - b. posterior interosseous nerve
 - c. median nerve
 - d. anterior interosseous nerve
2. Rectus abdominis is inserted to
 - a. Xiphoid process
 - b. Median raphe
 - c. Linea alba
 - d. First 4 ribs
3. Which of these are not in Adeno-hypophysis
 - a. Pars anterior
 - b. Pars intermedia
 - c. Pars tuberalis
 - d. Pars posterior
4. Which structure separates the right and left pleural cavities in the thorax?
 - a. Sternum
 - b. Pericardium
 - c. Mediastinum
 - d. Ribs
5. The superior anterior and posterior pancreatic-coduodenal arteries arise from which of the following arteries?
 - a. right colic
 - b. ileocolic
 - c. gastroduodenal
 - d. hepatic
6. The hepatic veins drain into which of the following structures?
 - a. liver
 - b. inferior vena cava
 - c. spleen
 - d. portal vein
7. Rugae are located in which of the following structures?
 - a. duodenum
 - b. stomach
 - c. cecum
 - d. ileum
8. The pleuropericardial membranes develop into what structures of the adult?
 - a. fibrous pericardium
 - b. diaphragm
 - c. parietal pleura
 - d. visceral pleura
9. What is the medical condition called when there is an infection of the lung tissue?
 - a. Pulmonary Edema
 - b. Pleural Effusion
 - c. Pneumonia
 - d. Atelectasis

10. What is the main source of blood supply to the upper limb?
- Axillary artery
 - Brachial artery
 - Radial artery
 - Ulnar artery

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

10*2 = 20 Marks

- Origin insertion and nerve supply of Latissimus dorsi
- Brachial artery branches
- Anastomosis around scapula
- Rima glottidis
- Axillary artery divisions
- Blood supply to mammary gland
- Clinical features of Klumpke's paralysis
- Clinical features of Carpal tunnel syndrome
- Ape thumb deformity
- Horner's syndrome
- Deformity in Erb's palsy
- Costodiaphragmatic recess

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

06*5 = 30 Marks

- Carpel bones and its muscle attachments
- Sternum
- Hilum of the lung
- Ligaments of bladder
- Oesophagus with its clinical anatomy
- Superior and inferior mediastinum
- Cubital fossa.
- Axillary lymph nodes

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

10*2 = 20 Marks

- Explain the position, relations, blood supply nerve supply of kidney and illustrate with diagrams.
- Scapula, general features, muscle attachments, blood supply and clinical anatomy
- Describe the liver under following headings
a. Lobes b. Relation c. Blood supply d. Lymphatic drainage e. Applied anatomy

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: Anatomy - II
Year Period: December, 2021 to April, 2023
Date: 20.06.2023
Examination Mode: Regular/Supplementary

Year: 1st Year
Subject Code: BNYS 101 T2
Batch: Dec, 2021 & Dec, 2020
Time: 02.00 pm to 05.00 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
3. Write your registration number on the rectangular space provided here

Reg No:

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

1. Central lymphoidal tissues in adults
 - a. Spleen
 - b. Thymus
 - c. Liver
 - d. Lymph nodes
2. The anterior lobe of pituitary develops from
 - a. Ectoderm
 - b. Endoderm
 - c. Rathke's pouch
 - d. Neuroectoderm
3. Blood pressure in lower limb is recorded from which artery
 - a. Internal pudendal
 - b. Popliteal
 - c. Tibial
 - d. Femoral
4. Right adrenal vein drains into
 - a. Right renal vein
 - b. IVC
 - c. Right lumbar vein
 - d. Right iliac vein
5. The paraurethral glands are homologues to which of the following structures?
 - a. Testes
 - b. Prostate
 - c. Seminal vesicles
 - d. Bulbourethral glands
6. What type of cells are found in the cerebellum?
 - a. Pyramidal cells
 - b. Granule cells
 - c. Purkinje cells
 - d. Astrocytes
7. Which of the following bones does not form part of the cranium?
 - a. Sphenoid bone
 - b. Ethmoid bone
 - c. Temporal bone
 - d. Scapula
8. The hypothalamus and thalamus are in the
 - a. Cerebrum.
 - b. Limbic system.
 - c. Diencephalon.
 - d. Cerebellum
9. Which of the following muscles dorsiflexes the ankle?
 - a. Extensor digitorum longus
 - b. Fibularis longus
 - c. Soleus
 - d. Plantaris
10. What is the function of the basal ganglia in the brain?
 - a. Sensory processing
 - b. Movement control
 - c. Emotional regulation
 - d. Cognitive processing

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

11. Which are the paranasal sinuses?
12. How many pairs of spinal nerves are there and mention their bifurcation?
13. Name the cerebellar peduncles.
14. What is cholecystectomy?
15. Name the ligaments of uterus.
16. What is varicocele?
17. What is orchitis?
18. How many lobes are present in prostate gland and name them.
19. Name the cranial nerves
20. Waldeyer's ring
21. Sutural joints
22. Clinical Anatomy of scalp

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

23. Corpus Callosum
24. Meninges of Brain
25. Lacrimal apparatus
26. Popliteal Fossa
27. Circle of Willis
28. Ductus deference
29. Basal ganglion
30. Hamstring muscles- attachment, nerve supply, action.

Long Essay (Attempt any Two) – 10 Marks for Each Question**10*2 = 20 Marks**

31. Explain about Tongue and its external features, Muscles, Blood & Nerve supply, Drainage and its development.
32. Name the Quadriceps Muscle. Write its origin, Insertion, Nerve supply and Actions
33. Anatomy of hip joint? Add a note on muscles of adductor compartment of thigh

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: Biochemistry

Year Period: December, 2021 to April, 2023

Date: 14.06.2023

Examination Mode: Regular/Supplementary

Year: 1st Year

Subject Code: BNYS 103 T1

Batch: Dec, 2021 & Dec, 2020

Time: 02.00 pm to 05.00 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
3. Write your registration number on the rectangular space provided here

Reg No:

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

1. Which among the following is a contractile protein?
 - a. Actin ✓
 - b. Hemoglobin
 - c. Keratin
 - d. Albumin
2. Western Blotting identification technique is meant for
 - a. DNA
 - b. Proteins ✓
 - c. RNA
 - d. Carbohydrates
3. Mucosal iron binding protein is?
 - a. Transferrin ✓
 - b. Ferritin
 - c. Ceruloplasmin
 - d. Hemosiderin
4. Refsum disease is due to lack of enzymes of:
 - a. Beta oxidation
 - b. Omega oxidation
 - c. Alpha oxidation
 - d. Desaturation
5. Ketone bodies are produced mainly in
 - a. Brain
 - b. Liver
 - c. Erythrocytes
 - d. Skeletal muscles
6. Dispersion of lipids into smaller droplets is called
 - a. Phosphorylation
 - b. Emulsification
 - c. Hydrogenation
 - d. Dehydrogenation
7. Which among the following is a glycogen storage disease?
 - a. Von Gierke's disease
 - b. Niemann - Pick disease
 - c. Gaucher's disease
 - d. Gangliosidosis
8. The lipoprotein possessing the highest quantity of phospholipid
 - a. HDL
 - b. LDL
 - c. VLDL
 - d. Chylomicrons
9. Which among the following is a Sulphur containing amino acid?
 - a. Tryptophan
 - b. Lysine
 - c. Cysteine
 - d. leucine
10. An inducer is absent in the type of enzyme:
 - a. Allosteric enzyme
 - b. Constitutive enzyme
 - c. Co-operative enzyme
 - d. Isoenzymic enzyme

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

11. Write the characteristics of sickle cell disease.
12. What are Adipokines
13. Cori Cycle
14. Selenium Toxicity
15. Name any 4 biologically important peptides with their function
16. Causes of fatty liver
17. Iron deficiency anaemia
18. Define epimers. Give 2 examples
19. Fluorosis
20. Types of Jaundice
21. Define BMR and mention 2 factors influencing it
22. Inhibitors of Kreb's cycle

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

23. What are Restriction endonucleases? Give three examples
24. Explain enzyme-substrate complex formation
25. Explain in detail about liver function tests.
26. Explain the role of Hemoglobin as a buffer
27. Active form of Vitamin D and its biochemical role
28. Write a note on PUFA
29. What are Chaperones? Write about their types and significance
30. Describe in detail the biochemical functions of Niacin and add a note on its deficiency disorders

Long Essay (Attempt any Two) – 10 Marks for Each Question**10*2 = 20 Marks**

31. Describe 3 different DNA repair mechanisms.
32. Write in detail about the reactions of monosaccharides
33. Explain in detail the Urea cycle. Add a note on the disposal of urea

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: Philosophy of Nature Cure

Year Period: December, 2021 to April, 2023

Date: 09.06.2023

Examination Mode: Regular/Supplementary

Year: 1st Year

Subject Code: BNYS 104 T1

Batch: Dec, 2021 & Dec, 2020

Time: 02.00 pm to 05.00 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
3. Write your registration number on the rectangular space provided here

Reg No: _____

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

1. Ayurvedic term for bone marrow is
 - a. Medhas
 - b. Asthi
 - c. Majja
 - d. Shukra
2. The third stage of Inflammation according to Henry Lindlahr is
 - a. Abatement
 - b. Destruction
 - c. Reconstruction
 - d. Aggravation
3. Which among the following is a superficial movement in massage?
 - a. Friction
 - b. Kneading
 - c. Joint movements
 - d. Hacking
4. Which of the following iris lesions have Rhomboid shape?
 - a. Lacunae
 - b. Crypts
 - c. Arcus senilis
 - d. Lymphatic rosary
5. Medical oath is given by
 - a. Louis kuhne
 - b. Arnold reckli
 - c. Benedict lust
 - d. Hippocrates
6. "Clay pastor" or "Earth vicar" –
 - a. Freud
 - b. Arnold reckli
 - c. Louis pastuer
 - d. Emanuel felke
7. Colour for laxative effect
 - a. Green
 - b. Yellow
 - c. Red
 - d. Blue
8. When purusha and prakriti comes in contact with each other, it results in manifestation of
 - a. Mahad
 - b. Panchatanmatras
 - c. Shareera
 - d. Panchakosha
9. Friction Sitz Bath was introduced by _____
 - a. Adolf Just
 - b. Emmanuel Felke
 - c. Louis Kuhne
 - d. J H Tildon
10. Which of the following cells are involved in humoral immunity?
 - a. T-cells
 - b. B-cells
 - c. Mast cells
 - d. Both T and B cells

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

11. Name the types of UV rays in sunlight and the extent to which they are able to cross the atmosphere/ skin layers
12. What is Swastha Vrittam?
13. Andrew Taylor Still
14. Define Healing crisis and disease crisis according to Henry Lindlahr.
15. Akasha Mahabhoota
16. Respect for autonomy
17. What are the Primary cause for disease?
18. What is Eliminative diet?
19. Benefits of Massage therapy
20. Exercise and mood
21. Difference between Acupuncture and Acupressure
22. Scruf Rim

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

23. Explain and justify the following
 - a. Acute disease is a remedial process; it is itself a cure
 - b. Main cause of disease is enervation
24. Explain Encumbrance in detail
25. Write the five-health preservative principles formulated by Dr B Venkat Rao
26. Explain the therapies in Ayurveda in detail
27. Contributions of Sebastian Kneipp.
28. Violation of Nature
29. Explain Abnormal composition of Blood and lymph in detail
30. Explain constructive Principle and Destructive Principle

Long Essay (Attempt any Two) – 10 Marks for Each Question**10*2 = 20 Marks**

31. Write in detail about Facial diagnosis
32. Explain in detail about the catechism of Nature cure.
33. Arogya raksha panchatantras and their importance in prevention of disease

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: Physiology - I

Year Period: December, 2021 to April, 2023

Date: 01.06.2023

Examination Mode: Regular/Supplementary

Year: 1st Year

Subject Code: BNYS 102 T1

Batch: Dec, 2021 & Dec, 2020

Time: 02.00 pm to 05.00 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
3. Write your registration number on the rectangular space provided here

Reg No:

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

1. The principal intracellular cation is-
 - a. Na+
 - b. Ca+
 - c. K+
 - d. Cl-
2. Where do the citric acid cycle reactions occur?
 - a. Cytoplasm
 - b. Endoplasmic reticulum
 - c. Golgi apparatus
 - d. Mitochondrial matrix
3. Sickle cell anemia, false statement is-
 - a. RBCs fragility increases
 - b. RBCs are sickle shaped
 - c. Blood flow to tissue decreases
 - d. Manifests as mild anemia
4. PCV increases in-
 - a. Polycythemia
 - b. Anemia
 - c. Menstruation
 - d. Pregnancy
5. Which of the following hormone is not secreted in kidney?
 - a. Erythropoietin
 - b. Vitamin D
 - c. Renin
 - d. Aldosterone
6. Which hormone stimulates the rich secretion of pancreatic juice but not the enzyme content?
 - a. Vagus nerve
 - b. Secretin
 - c. Acetylcholine
 - d. CCK
7. P wave is inverted in-
 - a. Atrial fibrillation
 - b. Atrial flutter
 - c. Atrial paroxysmal tachycardia
 - d. Atrial enlargement
8. Gas is exchanged in the alveoli by a process of-
 - a. Simple Diffusion
 - b. Active Transport
 - c. Facilitated Diffusion
 - d. Osmosis
9. Bronchial Asthma results in the reduction of-
 - a. Tidal Volume
 - b. Residual Volume
 - c. FRC
 - d. None of the above
10. The movement of particles from an area of higher to lower concentration is called
 - a. Osmosis
 - b. Diffusion
 - c. Filtration
 - d. Active Transport

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

10*2 = 20 Marks

11. Sinus arrhythmia
12. B lymphocytes
13. Defecation reflex
14. Secretion in renal tubule
15. Syncope
16. MMC
17. Lewis triple response
18. Hypothermia
19. Apoptosis
20. Structure of Skin
21. Facilitated diffusion with example
22. Vital capacity

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

06*5 = 30 Marks

23. Explain homeostasis in the body with example
24. Functions of platelets
25. Describe the movements of small intestine
26. Action potential in cardiac muscle
27. Chemical composition and functions of respiratory surfactant
28. Intrinsic pathway of clotting
29. Lung volumes and capacities
30. What is mass peristalsis? Elaborate defecation reflex

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

10*2 = 20 Marks

31. Define arterial blood pressure. Describe the long term regulation of arterial blood pressure
32. Explain the mechanism of formation of concentrated urine in detail.
33. Classify leucocytes. Describe functions of each type of leucocyte

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: Physiology - II
Year Period: December, 2021 to April, 2023
Date: 03.06.2023
Examination Mode: Regular/Supplementary

Year: 1st Year
Subject Code: BNYS 102 T2
Batch: Dec, 2021 & Dec, 2020
Time: 02.00 pm to 05.00 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
3. Write your registration number on the rectangular space provided here

Reg No:

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

1. The shape of lens is controlled by-
 - a. Pupillary sphincter muscles
 - b. Ciliary muscles
 - c. Pupillary radial muscles
 - d. Iris
2. Vasopressin regulates water secretion by acting on-
 - a. Aquaporins
 - b. Potassium channels
 - c. Steroids
 - d. Sodium Channels
3. Which of the following hormones stimulates secretion of testosterone from fetal testes?
 - a. LH
 - b. Testosterone
 - c. FSH
 - d. hCG
4. Lesion in glossopharyngeal nerve results in-
 - a. Loss of taste sensation in posterior 1/3rd of tongue
 - b. Loss of smell sensation
 - c. Loss of taste sensation in anterior 2/3rd of tongue
 - d. None of the above
5. Cerebrospinal fluid is formed in -
 - a. Choroid plexus
 - b. Arachnoid granulations
 - c. Nerve cell body
 - d. Axonal terminal
6. Smell receptors are located in-
 - a. Cribriform plate of ethmoid bone
 - b. Olfactory bulb
 - c. Olfactory mucus membrane
 - d. Optic chiasma
7. Consciousness & awareness is concerned with which of the following tracts-
 - a. Spinoreticular
 - b. Spinotectal
 - c. Lateral spinothalamic
 - d. Pyramidal tracts
8. The energy of the muscle contraction is derived from the following except-
 - a. ATP
 - b. Muscle glycogen
 - c. Lactic acid
 - d. Creatine phosphate
9. Which of the following hormone causes bone demineralization?
 - a. Parathormone
 - b. Calcitonin
 - c. Growth hormone
 - d. Thyroxine
10. Muscle spindle is:
 - a. Receptor for a variety of multisynaptic reflex
 - b. Receptor for stretch reflex
 - c. Occurs only in antigravity muscles
 - d. Excited by both stretch and contraction of the muscles in which it is located

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

10*2 = 20 Marks

11. Pupillary reflex
12. Action potential
13. Endocrine functions of heart
14. Functions of cerebellum
15. Dopamine
16. Anosmia
17. Give two differences between REM and NREM sleep.
18. Tests for ovulation
19. Cretinism
20. Functions of pineal gland
21. Precocious puberty
22. Plantar reflex

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

06*5 = 30 Marks

23. Describe the regulation of blood sugar level in body.
24. Explain the functions of testosterone
25. Explain auditory pathway with suitable diagram
26. Steps involved in contraction and relaxation of skeletal muscle
27. Briefly explain the functions of hypothalamus.
28. Explain in detail about Milk ejection reflex.
29. Describe excitation contraction coupling.
30. Blood brain barrier.

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

10*2 = 20 Marks

31. Classify the hormones secreted by adrenal gland. Describe the synthesis, actions & regulation of Catecholamines.
32. Draw a labelled diagram to show an ascending pathway to carry temperature sensations and describe.
33. Give an account of Lesion of visual pathway.

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: Principles of Yoga

Year Period: December, 2021 to April, 2023

Date: 12.06.2023

Examination Mode: Regular/Supplementary

Year: 1st Year

Subject Code: BNYS 105 T1

Batch: Dec, 2021

Time: 02.00 pm to 05.00 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
3. Write your registration number on the rectangular space provided here

Reg No:

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

1. The prana located in the pelvic floor and feet _____
 - a. Apana
 - b. Vyana
 - c. Udana
 - d. Samana
2. Purusha and Prakriti are two main concepts of the philosophy of
 - a. Purva mimansa
 - b. Vedanta
 - c. Samkhya
 - d. Vaisheshika
3. Bhakti without any desire of fruits is called as
 - a. Akhanda
 - b. Ananya
 - c. Nishkamyā
 - d. Avibhicharini
4. Chanting the glories of GOD is known as
 - a. Sravanam
 - b. Mananam
 - c. Keertanam
 - d. None
5. Nada yoga is also called as
 - a. Raja yoga
 - b. Laya yoga
 - c. Mantra Yoga
 - d. Kundalini yoga
6. Which chakra relates to heart
 - a. Vishuddhi
 - b. Sahastrara
 - c. Anahata
 - d. Manipura
7. Inhaling through left nostril and exhaling through right nostril is which practice
 - a. chandraNadi
 - b. Surya bhedana
 - c. Nadi suddhi
 - d. Chandra bhedana
8. Vishnu Granthi is situated in
 - a. Manipura chakra
 - b. Anahata chakra
 - c. Vishuddhi chakra
 - d. Ajna Chakra
9. Which among this is not a Contra indication of Uddiyana Bandha
 - a. Intestinal Ulcers
 - b. Hernia
 - c. Hypertension
 - d. Constipation
10. Shatkarmas, Asana, Pranyama and dhyana are potent means to maintain
 - a. Physical and social health
 - b. Physical and mental health
 - c. Mental and emotional health
 - d. Mental and social health

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

11. Ayam Atman Brahman
12. Moola Bandha
13. Rudra Granti
14. Upa Pranas and their functions
15. Nadis
16. Tantra Yoga
17. Trataka
18. Contra indications of Bhujangasana
19. Anahata chakra
20. Kapalbhata Kriya
21. Role of Yoga in sports
22. Freedom according to Karma Yoga

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

23. Explain Bahiranga yoga according to Maharishi Patanjali
24. Describe in detail about the modern period of Yoga
25. B K S Iyengar
26. Trikonasana and its benefits
27. Concept of Stress according to Bhagvatgita
28. Vedas and Upanishads
29. Explain with sloka the concept of demonic qualities
30. Classify Dhauti. Explain Vamana Dhauti and its types (name, meaning, procedure and benefits)

Long Essay (Attempt any Two) – 10 Marks for Each Question**10*2 = 20 Marks**

31. Define Yoga, add a brief note on the Historical Development of Yoga in the period of Epics and Indus Valley Civilisation
32. What is kundalini and describe any four characteristics of 7 chakras with diagrammatic representation.
33. What are Bandhas and Mudras. Write the physiological benefits of these practices. Add a note on Jalandhara bandha