

SWAMI VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA
(S-VYASA)

(Declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)

BNYS 6th SEMESTER FINAL EXAMINATION
BNYS T 603 Yoga and physical culture-2

Date: June 15, 2012

Time: 3 Hrs

Total Marks: 80

Essay type (answer any two of the following)

10X2=40

1. Describe the progressive evolution of Samadhi in the context of *Hatha yoga pradiipika* with a neat pert chart.
2. Compare and contrast the *Yamas* and *Niyamas* of *Hatha yogapradipika* with that of *Patanjali yoga sutra*.
3. Name eight *kumbhakas* as described in *Hatha yogapradipika* and explain about the psychophysiological benefits of each of them.

Short notes (answer any eight)

5X8=40

4. Physiological mechanism of *Kapalbhati*
5. Semen and mind must be controlled-justify
6. Physiological functions of *Panchavayus*
7. Psycho-physiological benefits of *Mahavedha mudra*
8. Signs of perfection in *Hatha yoga*
9. Food which is prohibited and conducive to a *Hatha yogi*
10. *Maha mudra* must be kept secret-justify
11. No asana can rival *Siddhasana*-justify
12. Difference between *Ida*, *Pingala* and *Susumna*

Short type answers (answer any ten)

2X10=20

13. Name five *Upapranas* and their functions.
14. Name all eight *siddhis* attained by an aspirant of *Hatha yoga*.
15. Objectives of *Hatha yoga pradiipika*
16. What do you mean by nectar in the context of HYP? Name two mudras that prevent the flow of nectar from *Bindu*.
17. Define *Unmani avastha*.
18. What are the types of *Pranayama* according to HYP?
19. What are the progressive ratios of *Nadi suddhi Pranayama*?
20. Name the anatomical locations of all seven *chakras*.
21. Name the various sounds heard by an aspirant during *Kundalini* awakening.
22. How do you know that *Khechari mudra* is perfected?
23. What are the objectives of *Dhoutis* and name four types of *Antar dhouti*.
24. What are the causes of failure in *Sadhna*?