

**COURSE CODE - 3060404**  
**PG DIPLOMA EXMINATION - JAN 2009**

**PGDY**

**APPLIED YOGA KRIYANS AND BHANDHAS**

**(For the Candidates Admitted from Calendar 2007 onwards)**

**Time: 3 hours**

**Max. Marks: 75**

**Section-A**

**Answer All Questions:**

**15 X 1 = 15**

1. Define yoga
2. Define Hatha yoga
3. Define Yama
4. Define Niyama
5. Define Asana
6. Define Pranayama
7. Define Dharana
8. Define Samadhi
9. Define Mudras
10. Define Bhandhas
11. Define Trataka
12. Define Neti
13. Define Basti
14. Define Moulabhandha
15. Define Meditation

**Section-B**

**Answer any Five Questions:**

**5 X 6 = 30**

16. a. Classification of Mudras

**(Or)**

b. Explain in detail Nauli

17. a. Explain in detail Dhouti

**(Or)**

b. Explain in detail Kapalabhati

18. a. Explain about Janana yoga

**(Or)**

b. Explain about Raja yoga

19. a. Explain the principles of raja yoga

**(Or)**

b. Name the eight limbs of astanga yoga

20. a. Explain in detail about Hatha yoga

**(Or)**

b. Explain about Uddiyana

**Section -C**

**Answer any Two Questions:**

**2 X 15 = 30**

21. Describe in detail about Yogasanas for Asthma

22. Physiological effects of yoga in digestive system

23. Physiological effects of yoga in circulatory system

24. Explain in detail about difference between Kriyas and Bhandhas

25. Explain in detail about difference between yoga and physical exercise.