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YSH 451(R)

II Semester M.Sc. Degree Examination, September/October 2022

(Repeater)

YOGIC SCIENCE

(2018-19 Batch)

Foundation of Yogic Science – III

Time : 3 Hours

Max. Marks : 70

I. Answer the following questions in one **word**/one **sentence each**. (10×1=10)

- 1) What is the effect of Asana according to Muni Gheranda ?
- 2) Which *Kriya* facilitates the process of *Khechri* ?
- 3) Where is the *drsti* in *Bhadrasana* ?
- 4) What is *Tadagi Mudra* ?
- 5) How many types of *Pratyahara* are explained in Gherandha Samhita ?
- 6) Mention the number of schools of Yoga explained in Shivayogadipika.
- 7) Mention the types of *Shivajnnana*.
- 8) Mention the benefits of *Astanga yoga*.
- 9) What is *Antaranga yoga* ?
- 10) What do you mean by *Mantra* ?

II. Write short notes on **any six** of the following : (6×5=30)

- 1) *Bhalabhati* according to Gheranda.
- 2) *Mayurasana* and *Bhujangasana*.
- 3) *Mahamudra* and *Nabhomudra*.
- 4) Seasons as explained by Gheranda Muni.
- 5) Hatha yoga.
- 6) Health.
- 7) *Asana*.
- 8) *Dharanas*.

III. Explain **any three** of the following : (3×10=30)

- 1) *Dhauti* according to Gheranda.
 - 2) *Nadisuddhi Pranayama*.
 - 3) *Dhyana* according to Gheranda Samhita.
 - 4) *Adharas*.
 - 5) Evolution according to *Shivayoga*.
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