

YOGA & BODY PERFECTION-IV

2 MARK

- a. What is aim of Hata yoga?
- b. What are the therapeutic aspects of Hata yoga?
- c. What is Hata yoga?
- d. Define shat karma.
- e. What are the aspects of pranayama?
- f. Write the benefit of matsyendra asana.
- g. Write two contraindications of shat karma.
- h. Write two asana for balancing introvert personality.
- i. What are the real purpose of hata yoga?
- j. What is tapa?

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.5MARKS

- a. Give a brief note about Annapan.
- b. Give a brief note about diet and pranayam.
- c. Give a brief note about Hata yoga and personality.
- d. What do you mean by mind and body union?
- e. Write about maha mudra and its benefits.
- f. Give note about shat karma and its benefits.
- g Give a brief note about nadi sodhana pranayam and its benefits.

10 MARKS

- 1 Give a brief note about relationship between diet and hata yoga.
- 2 Give a brief note about shat karma and its necessity. 10
- 3 What is kapalbhati? Give brief note about kapalbhati. 10
- 4 What is mudra and bandha? Give a brief note along with its benefits and contraindications.
- 5 What is bipasana and its impact upon our daily life.