

MGM INSTITUTE OF HEALTH SCIENCES, NAVI MUMBAI
I B.P.T UNIVERSITY EXAMINATION, JULY - 2015

Subject - **Traditional Indian Movement Sciences-I**

Maximum Marks: **40**
Duration - **1 ½ Hours**
(Section A = 10 Min.)

INSTRUCTIONS:

1. Attempt all questions
2. Maximum marks are indicated in the right
3. Illustrate the answers with suitable diagrams wherever necessary
4. Please surrender your SWITCHED OFF cell phones at entry point to the Examination Hall
5. Mobile phones, pagers, blue tooth or any other such communication devices are not allowed in the Examination premises and in all adjacent area

SECTION -A

Short Answer Questions: (Any FOUR)

20 Marks

- A. What is Pranayama? Explain procedure of Anulom-vilom pranayama
- B. Explain technique and Indication of Naukasana.
- C. Write the procedure of Dhanurasana.
- D. Write indications and procedure of Padmasana.
- E. Explain technique, benefits and indication of trikonasana

SECTION - B

Long Answer Questions: (Any ONE)

20 Marks

- A. Write in detail Physiology Principles of Yoga and explain the procedure of Pashcimottanasana and Shavasana.
- B. Write eight stages of Yoga in detail

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SECTION – A

Short Answer Questions: (Any FOUR)

20 Marks

- A. Benefits of pawanmuktasana
- B. Procedure and uses of matyasana
- C. Principles of padmasana and its benefits
- D. General contra indications to yoga asanas
- E. Paschimottasana

SECTION – B

Long Answer Questions: (Any ONE)

20 Marks

- A. Describe the steps of surya namaskar and its benefits.
- B. Describe the different breathing techniques used in yoga.

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SECTION –A

Short Answer Questions: (Any FOUR)

20 Marks

- A. Physiological effects of Dhanurasana
- B. Technique of halasana
- C. Kinematics and kinetics of marjarasana
- D. Bhujangasana
- E. Enumerate four asanas in the standing position and elaborate technique of any one with muscle work

SECTION – B

Long Answer Questions: (Any ONE)

20 Marks

- A. Describe the general principles of yoga.
Describe the components of suryanamskar, muscle work and benefits obtained.
- B. Describe the various breathing techniques used in yoga. Elaborate on 'Anulom vilom', 'Kapalbhati' and 'Bhramari'. Describe the physiological benefits obtained.

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SECTION –A

Short Answer Questions: (Any FOUR)

20 Marks

- A. Write technique and indications of Halasana
- B. Anulom-vilom pranayama
- C. Explain technique and indications of Sarvangasana
- D. Write technique and benefits Virasana
- E. Write a short note on Makarasana

SECTION – B

Long Answer Questions: (Any ONE)

20 Marks

- A. Write principles, benefits and precautions to be taken while performing yoga
- B. Enumerate asanas in sitting and explain in detail technique, indications and benefits of Gomukhasana and Vajrasana

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SECTION –A

Q.1 Short Answer Questions: (Any FOUR)

20 Marks

- A. Write the technique and indications of Matsyasana
- B. Pranayama
- C. Technique and indication of Padmasana
- D. Technique and benefits of vajrasana
- E. Write short notes on Padhastasana

SECTION – B

Q.2. Long Answer Questions: (Any ONE)

20 Marks

- A. Define yoga, discuss Principles of Yoga and Precaution to be taken while performing Yoga
- B. Enumerate Asanas in Prone. Explain in detail technique, functions and benefits of Bhujangasana and Dhanurasana