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INSTITUTE OF INDIGENOUS MEDICINE, UNIVERSITY OF COLOMBO
DEGREE OF BACHELOR OF AYURVEDA MEDICINE AND SURGERY
LEVEL IV – SECOND SEMESTER EXAMINATION
JANUARY – FEBRUARY 2020
SW4207 – YOGA AND MEDITATION

EXAMINATIONS
Institute of Indigenous Medicine
16 JAN 2020
University of Colombo

Date: 16.01.2020
(1 ½ Hours)
Time: 1.45 p.m. – 3.15 p.m.

Index No

Answer all questions.

Part I - Structured Questions

1.

1.1 Write the main postures of yoga with examples.

(08 Marks)

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1.2 Write steps of padahasthasana and its health benefits.

(07 Marks)

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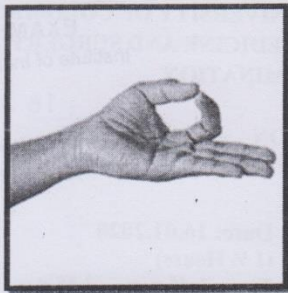
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1.3 Identify this Mudra.

(02 Marks)



1.4 Write 03 benefits of Danurasana.

(03 Marks)

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2.

2.1 Write 03 objectives of breathing practices?

(03 Marks)

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2.2 How to perform 'hand in and out breathing?

(03 Marks)

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2.3 List the shatkarma mentioned in yoga. (03 Marks)

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2.4 How to perform Trataka karma? (08 Marks)

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2.5 List the benefits of Trataka. (03 Marks)

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Part II – Essay Questions

1.
 - 1.1 Write definitions of yoga. (05 Marks)
 - 1.2 Write the sloka when beginning yoga? (05 Marks)
 - 1.3 Describe twelve steps of Sooryanamaskaara performed with synchronizing the breath. (10 Marks)
2.
 - 2.1 Describe Ashtavida Yoga and divide it into Bahiranga and Antharanga yoga. (08 Marks)
 - 2.2 What is Pranayama? (05 Marks)
 - 2.3 Write the classification of Pranayama. (02 Marks)
 - 2.4 Discuss the benefits of Pranayama and explain how to perform Nadishudhdhi Pranayama? (05 Marks)

16.01.2020
