

**SWAMI VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA
(S-VYASA)**

(declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)
FINAL EXAMINATION

BST 205 Introduction to Classical Yogasanas

Date : 27-May-2011

Time : 2Hr

Max Marks: 50

Q I. Answer the following

10x1=10

1. _____ has written Hatha Ratnavali.
2. _____ Asanas has been described as most important in Hatha Ratnavali.
3. _____ has been given the knowledge of Hatha Yoga Pradipika.
4. _____ is the easy posture according to Siva Samhita.
5. _____ is the writer for Siva Samhita.
6. _____ asanas are described by almighty Shambhu in Hatha Ratnavali.
7. How many asanas are described in Gheranda Samhita?
8. How many yamas are there in Siva Samhita?
9. How many niyamas are there in Hatha ratnavali?
10. How many asanas are described in Hatha Yoga Pradipika?

Q.II Briefly describe the Yama & Niyamas in Hatha Ratnavali.

10 Marks

Q.III Write down briefly of Asanas given in Hatha Yoga Pradipika.

10 Marks

Q.IV Briefly describe the asanas given in Siva Samhita.

10 Marks

Q.V According to Gheranda Samhita how many Asanas are useful to mankind, describe briefly.

10 Marks

*****Wish you all the Best*****