

**Duration: 2 hours**

**Marks: 60**

Note: 1. All questions are compulsory  
2. Each Question carries equal marks

Q1 A. Explain importance of pranayama and explain Bhastrika pranayama in detail.

**OR**

Q1 B. How Prana can be helpful in awakening Kundalini. Explain in detail

Q2 A. What is the concept of kundalini in Hatha Yoga and how it is related to the chakras?

**OR**

Q 2 B. How the practice of pranayama is beneficial in the practice of bandhas, define in detail?

Q3 A. Explain the procedure of mahamudra?

**OR**

Q3 B. Explain the procedure of Khenchri mudra with its spiritual benefits.

Q4 A what is Mahabandha? Define its significance in modern times.

**OR**

Q 4 B What is bandha? Define the role of bandha in the arousal of kundalini.

\*\*\*\*\*