Answer in one line 10X1=10

1. Who is the author of HYP?
2. List out five main topics discussed in first chapter of HYP?
3. What happens if we eat over than we need according to HYP?
4. How many Yamas and Niyamas according to HYP?
5. How to cleanse the Nadis in the body?
6. What is Bandha?
7. How many Asanas are prescribed in HYP?
8. What is Matha?
9. How can we achieve Manonmani state?
10. Mention Mudras.

Fill the blanks 8X1=8

1. Four important Asanas are _______ , _______ , _______ and _______.
2. _______ stops Chadra Bindu dropping to stomach.
3. There are _______ Chakras are there in Human body.
4. 8 types of Kumbhakas are _______ , _______ , _______ , _______ , _______ and _______.
5. Results of performing Asanas are _______ , _______ and _______.
6. Sahaja Kumbhaka is _______.
7. Sahajoli is one of the _______.
8. Three types of Tapas _______ , _______ and _______.

Explain with reference (any 3) 3X4=12

1. हस्तमु महात्मायास |  
   ॥

2. |  
   ॥

3. (मिताहारस स उपयोगम |  
   ॥

4. ततो वाक्य निरोपमेवा |  
   ॥

4. सुरायेंचे वास्मिक देशे |  
   ॥
Write short notes on the following topics (any 7) 7X5=35
1. Kumbhakas
2. Nadis (Surya, Chandra and Sushumna)
3. Shatkarmas
4. Six means to succeed in the path of Hatha Yoga
5. Properties of hermitage of Yogi
6. Secrecy of few practices
7. 4 stages of Nadanusandhana
8. Shiva and Shakti
9. Guru Parampara
10. Kapalabhati and its benifits

Essay type question (any three) 3X10=30
1. How Hatha Yoga Pradipika is related with Raja Yoga? What is the role of HYP in Raja Yoga?
2. How practical is the HYP in daily life? What are the lessons we learn from Hatha Yoga Pradipika?
3. What are the functions of Mudra and Bandha in practice according to svatmarama?
4. According to Swatmarama, what factor is most important for success at yoga? Why? What are road signs of attainment of success in Hatha yoga?