

1. Answer the following questions:

1×10=10

- a) Which avatara is Murari?
- b) What is the meaning of the word 'Shalva'?
- c) How many kinds of Nityakarma are there?
- d) Which asana makes the figure beautiful?
- e) Which word should be uttered on the bed in night?
- f) In which asana does the body look like an insect?
- g) Which asana is very useful for the hunchback people?
- h) Who will be served by serving the guest?
- i) What is the meaning of the word 'Sayannah'?
- j) How many seconds should we stay in Pashchimattanasana?

2. Answer the following broad questions:

5×2=10

- a) Describe the influence of Shalvasana.
- b) Write the mantra of Pratakal with meaning.

Test