

**PHILOSOPHY  
(HONOURS)**

**B.A. 1st Semester**

**Regular & Supplementary End Examination-2023**

**PAPER - SEC- 1P**

**Full Marks : 20**

**Time : 2 Hours**

*The figure in the right hand margin indicate marks*

*Candidates are required to give their answers in their own word  
as far as practicable*

*Illustrate the answers wherever necessary*

**Group - A**

1. **Demonstrate any five of the following :** **5x2=10**
- a) *Sūrya Namaskara.* 2
- b) *Gomukhā sana.* 2
- c) *Salvā sana.* 2
- d) *Vṛṣā sana.* 2
- e) *Bhujāṅgā sana ?* 2
- f) *Tṛkonā sana.* 2

**Group - B**

2. **Demonstrate any two of the following :** **2x5=10**
- a) *Paś'chimottanā sana.* 5
- b) *Sarvā ṅgā sana.* 5

*(Turn Over)*

- E)
- c) *Dhanurāsana*. 5
- d) *Kapalbhāṭi Prāṇāyāma* and *Bhramari Prāṇāyāma*. 5