

[LB 1523]

Sub. Code: 1523

**FOURTH YEAR B.N.Y.S. DEGREE EXAM – AUGUST 2012**

**Paper – I YOGA THERAPY**

**Q.P. Code: 821523**

**Time: 180 Minutes**

**Maximum: 100 marks**

**Answer ALL questions**

**I. Elaborate on:**

**Pages Time Marks  
(Max.)(Max.)(Max.)**

- |  |    |    |    |
|--|----|----|----|
| 1. Prove Panchakosha theory as a Basis of Yogic Therapy.         | 16 | 25 | 15 |
| 2. Describe Yoga therapy for Anxiety disorder and mood disorder. | 16 | 25 | 15 |

**II. Short notes on:**

- |   |   |   |   |
|---|---|---|---|
| 1. Psychology of spiritual growth.  | 3 | 8 | 5 |
| 2. Constipation and Yoga.   | 3 | 8 | 5 |
| 3. Bare foot walking.   | 3 | 8 | 5 |
| 4. Pregnancy and Yoga.  | 3 | 8 | 5 |
| 5. Yogic management of IHU.   | 3 | 8 | 5 |
| 6. Teaching methods of Yoga to Public.                                      | 3 | 8 | 5 |
| 7. Yogic management of Nasal Allergy.                                       | 3 | 8 | 5 |
| 8. Mechanism of stress disorders.   | 3 | 8 | 5 |
| 9. Write the research methods in Yoga therapy for hypertension and obesity. | 3 | 8 | 5 |
| 10. Yogic diet.   | 3 | 8 | 5 |

**III. Short Answers on:**

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|--|---|---|---|
| 1. IRT.  | 1 | 5 | 2 |
| 2. Name various teaching methods in yoga.          | 1 | 5 | 2 |
| 3. Yogic prescription to Irritable Bowel syndrome. | 1 | 5 | 2 |
| 4. Define stress.                                  | 1 | 5 | 2 |
| 5. Janu shakti vikasana.                           | 1 | 5 | 2 |
| 6. What is PET?                                    | 1 | 5 | 2 |
| 7. Yoga therapy in Dysmenorrhoea.                  | 1 | 5 | 2 |
| 8. Vyadhi.   | 1 | 5 | 2 |
| 9. Benefits of Yoga Nidra.                         | 1 | 5 | 2 |
| 10. Tranquilizing effect of yoga.                  | 1 | 5 | 2 |

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