

**FOURTH B.N.Y.S. DEGREE EXAMINATION**

**PAPER I – YOGA THERAPY**

*Q.P. Code : 821523*

**Time: Three Hours**

**Maximum : 100 Marks**

**Answer All questions**

**I. Essay Questions:**

**(2 x 15 = 30)**

1. Research methods in yogic therapy and add a note on statistical analysis.
2. Role of yoga therapy for
  - a) Stress-its causes, effects and control.
  - b) Personality Disorders.

**II. Write Notes on:**

**(10 x 5 = 50)**

1. Ophthalmologic disorders and yoga.
2. Management of paediatric disorders.
3. Emerging into Samadhi.
4. Harmonious relationship of body and mind.
5. Yogic Management for digestive disorders.
6. Limitations in adoption of Yoga in education system.
7. Contraindications of Shatkriyas.
8. Aerobic exercises and its effects.
9. Contraindications of Sukshma Vyayama.
10. Yogic management for Neuromuscular disorders.

**III. Short Answers on:**

**(10 x 2 = 20)**

1. Define Yoga.
2. SMET.
3. Kunjal Kriya.
4. Ashta Siddhis.
5. Greeva Shakti vikasaka.
6. Define Sankalpa.
7. Nabhi Pariksa.
8. Kundalini.
9. Yoga and exercise.
10. Colour of earth.

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