

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. Therapeutic benefits of sthula vyayama and shakti Bandha series.
2. How- Yoga therapy helps in managing respiratory disorders?

II. Write Notes on:

(10 x 5 = 50)

1. Barefoot walking in curing general diseases.
2. Pregnancy and Yoga.
3. Yogic diet as per Hatha Yoga.
4. Yogic management of cardiovascular diseases.
5. Asanas for Hormonal disorders.
6. Yoga nidra and brain.
7. Correction of displaced Nabhi.
8. Meditation and its effects.
9. Teaching methods of yoga to public.
10. Role of stretching exercises.

III. Short Answers on:

(10 x 2 = 20)

1. Types of Prana.
2. IRT.
3. Define stress and its types.
4. Yogic management of ENT disorders.
5. Define nabhi.
6. Relationship between body and mind.
7. Symbols of Unconscious.
8. Jangha Shakti vikasaka.
9. Yoga therapy in dysmenorrhoea.
10. Contraindication of salabhasana.
