

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. How yoga therapy helps in ENT disorders?
2. Yoga and physical Education in detail.

II. Write Notes on:

(10 x 5 = 50)

1. Rajasik diet.
2. Yoga nidra --- IV technique.
3. Yoga and sports.
4. How yoga helps in sterility?
5. Teaching methods of yoga to students, public, patients.
6. How yoga helps in paediatric disorders?
7. Hormonal relationship of body and mind.
8. Yoga and vegetarianism.
9. Management of yoga therapy in Liver disorders.
10. Behaviour Therapy.

III. Short Answers on:

(10 x 2 = 20)

1. Limitation of yoga in Metrorrhagia.
2. Meditation and its types.
3. Sudasana kriya.
4. Contraindications of sirshasana.
5. Marjariasana – Benefits.
6. Yoni mudra – Benefits.
7. Yoga therapy in Impotence.
8. Aerobics.
9. Barefoot walking and Acupressure effect.
10. Imagination and visualization.
