

[LN 1523]

OCTOBER 2018

Sub. Code: 1523

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. Explain the Research methods in yoga therapy.
2. Management of metabolic diseases through yoga therapy.

II. Write Notes on:

(10 x 5 = 50)

1. Aerobic exercises.
2. MSRT – technique and its benefits.
3. Yoga for digestive disorders.
4. Yogic diet.
5. Effects of Yoga Nidra.
6. Therapeutic benefits of Sudarshana Kriya.
7. Procedures for correction of displaced Nabhi.
8. Yogic practices for Respiratory disorders.
9. Vidhi and Nisheda of yoga.
10. Harmonial relationship of body and mind.

III. Short Answers on:

(10 x 2 = 20)

1. Brahmari pranayama.
2. Indications of Kunjal Kriya.
3. Symbols of unconsciousness.
4. Instant Relaxation Technique (IRT).
5. Yogic management in muscular dystrophy.
6. Mani bandha shakthi Vikasaka.
7. Benefits of Trataka.
8. Stress and meditation.
9. Prescribe Yoga for Sciatica.
10. Yoga therapy for ophthalmologic disorders.
