

**THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY**

**[BNYS 0124]**

**JANUARY 2024**

**Sub. Code: 1523**

**(JUNE 2023 / OCTOBER 2023 EXAM SESSIONS)**

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

**FOURTH YEAR**

**(For the candidates admitted from the academic year 2011-12)**

**PAPER I – YOGA THERAPY**

*Q.P. Code: 821523*

**Time: Three Hours**

**Answer ALL questions**

**Maximum: 100 Marks**

**I. Essay Questions:**

**(2 x 15 = 30)**

1. Write in detail about cardiovascular disorders and mention its yogic management.
2. Yogic Sukshma Vyayamas and its therapeutic benefits.

**II. Write Notes on:**

**(10 x 5 = 50)**

1. Sexual disorders and its management.
2. Correction of displaced nabhi.
3. Teaching methods of yoga.
4. Yoga Nidra and Brain.
5. Explain about COPD and mention its yogic management.
6. Principles of yogic therapy.
7. Yoga Nidra-5.
8. ANAMS and VISAK.
9. Bare foot walking.
10. How shatkriyas helps in ENT disorders?

**III. Short Answers on:**

**(10 x 2 = 20)**

1. Vidhi and Nishedha.
2. Instant Relaxation Technique.
3. Aerobic exercise.
4. Stress and its causes.
5. Mitahara.
6. Hrd-ghati.
7. Transcendental meditation.
8. MEMT.
9. Swimming and its benefits.
10. Sankalpa.

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