

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

[MD(Y&N) 0323]

**MARCH 2023
(OCTOBER 2022 EXAM SESSION)**

Sub. Code: 1402

**M.D. (YOGA & NATUROPATHY) DEGREE EXAMINATION
FIRST YEAR
BRANCH II – YOGA**

PAPER I – PHILOSOPHY AND PRACTICES OF DIFFERENT SCHOOLS OF YOGA

Q.P. Code : 461402

Time : Three hours

Answer ALL Questions

Maximum : 100 Marks

I. Essay Questions:

(2 x 20 = 40)

1. Conceptual understanding of Asana and salient features of meditative postures.
2. Write on Asanas from a. Egyptian culture b. Mexican culture c. Tibetan culture d. Celtic civilization e. Tai culture f. Chinese culture g. Persian & Arabic culture h. Yoga of Chinese (Kong fu movements).

II. Short Notes on:

(10 x 6 = 60)

1. Comparative presentation of Nadis in tabular form as found in various texts including Jogapradipyaka.
2. Special features of Jogapradipyaka.
3. Brief Notes on Swami Kuvalyananda.
4. Basis of classification of the names of asana.
5. Chaturtha Pranayama.
6. Psychic healing and non-touch healing.
7. Chakra Yoga Nidra.
8. Meridian effects of Vajorli Mudra.
9. Nyasa Mudras.
10. Scope and limitation of Yogic Therapy.
