

[LN 1523]

AUGUST 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 management of digestive disorders through Yoga therapy.
2. Explain in detail about
 - a) Teaching methods of yoga to public, students and patients.
 - b) Model lesson planning.
 - c) Adoption of Yoga in education system and its limitations.

II. Write Notes on:

(10 x 5 = 50)

1. Yoga therapy for Bronchial Asthma.
2. Quick Relaxation Technique.
3. Kati shakthi vikasaka.
4. Yoga Nidra and Brain.
5. Stretching exercises in curing general diseases.
6. Nabi pariksha.
7. Training the mind.
8. Yogic management for irritable bowel syndrome.
9. Mani bandha shakthi vikasaka.
10. Meditation and its applications on psychosomatic disorders.

III. Short Answers on:

(10 x 2 = 20)

1. Pranic Energisation technique.
2. Kapal bhathi pranayama.
3. Bare foot walking.
4. Therapeutic effects of shalabasana.
5. Trataka.
6. Uddiyana bandha.
7. Vidhi and Nisheda.
8. IRT.
9. Emerging into Samadhi.
10. Statistical analysis in Research methodology.
