

[LK 1523]

FEBRUARY 2017

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. Management of yoga therapy in Digestive disorders ?
2. Yoga therapy Management for Stress.

**II. Write Notes on:**

**(10 x 5 = 50)**

1. Satvik diet.
2. Chakra visualization.
3. Difference between sthula vyayama and Sudarshan kriya.
4. Yoga and personality.
5. Hypertension management.
6. DRT ---- Procedure.
7. Yoga nidra --- IV.
8. Procedure of PET.
9. Janu sakthi vikasaka.
10. Write a note on aerobics.

**III. Short Answers on:**

**(10 x 2 = 20)**

1. Limitations of yoga.
2. Physical exercise - Benefits.
3. Indications of matsyasana.
4. Pancha prana and effects.
5. Yoga in Migraine problem.
6. Difference between yoga and sports.
7. Walking and acupressure effects.
8. Mani bandha sakti vikasaka.
9. Physiological effects of Dysmenorrhoea.
10. Aswini mudra - benefits.

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