

[LO 1523]

MAY 2019

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 therapeutic benefits of Yogic Sukshma Vyayamas.
2. Explain in detail about the Relaxation and its techniques.

II. Write Notes on:

(10 x 5 = 50)

1. Yogic management of sinusitis.
2. Teaching methods of Yoga.
3. Applied Psychology in Dissociative disorders.
4. Psychology of spiritual growth and mode of living.
5. Therapeutic yoga in poly cystic ovarian syndrome.
6. Yoga therapy for paediatric disorders.
7. Bare foot walking and its physiological effects.
8. Tamasic diet.
9. Yoga therapy for cardiovascular diseases.
10. Yoga therapy for stress and methods to control stress.

III. Short Answers on:

(10 x 2 = 20)

1. Yogic diet to maintain the health.
2. Sthula Vyayama.
3. Koshas.
4. Benefits of Vajrasana.
5. Nadi shodana pranayama.
6. Yoga to manage hypertension.
7. Kapala shakthi Vikasaka.
8. Swimming.
9. Correction of displaced Nabhi.
10. Yoga therapy in mood disorders.
