

[LP 1523]

OCTOBER 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. Pancha kosha theory and write in detail about kosha related with health and disease.
2. Yoga and mental health and write the meditative effect in mental health.

**II. Write Notes on:**

**(10 x 5 = 50)**

1. Walking and Barefoot walking.
2. Benefits of Jalandhara bandha.
3. Tamasic diet with examples.
4. Yoga and physical education.
5. Benefits of shambavi mudra.
6. Yoga therapy in ENT disorders.
7. Greva Sakthi Vikashaka.
8. Gardening.
9. Displaced Nabi.
10. Art of relaxation.

**III. Short Answers on:**

**(10 x 2 = 20)**

1. Personality development.
2. Limitations of yoga.
3. Management of yoga therapy in sinusitis.
4. Yoga in anxiety disorders.
5. Types of nauli and its effects.
6. Anguli sakthi vikashaka.
7. MSRT - benefits.
8. Benefits of hirudaya mudra.
9. Jyothi trataka and effects.
10. Headache management.

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