

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

[BNYS 1021]

OCTOBER 2021

Sub. Code: 1523

(OCTOBER 2020 / FEBRUARY 2021 / MAY 2021 SESSIONS)

**B.N.Y.S. DEGREE EXAMINATION
FOURTH YEAR**

(For the candidates admitted from the academic year 2013-14)

PAPER I – YOGA THERAPY

Q.P. Code : 821523

Time: Three Hours

Answer ALL questions

Maximum : 100 Marks

I. Essay Questions:

(2 x 15 = 30)

1. Yoga therapy in Neuro Muscular diseases.
2. Write in detail about the effect of yoga in Gynaecological disorders.

II. Write Notes on:

(10 x 5 = 50)

1. IRT and benefits.
2. Stretching exercises.
3. Advanced techniques of Yoga therapy.
4. Therapeutic benefits of yogic sukshma Vyayama.
5. Rajasic diet.
6. Yoga therapy in psychic diseases.
7. Janu sakthi vikashaka.
8. Moorcha pranayama benefits.
9. Yoga and vegetarianism.
10. Sudarshana kriya.

III. Short Answers on:

(10 x 2 = 20)

1. Symbols of the unconscious.
2. PET benefits.
3. How yoga helps for sexual disorders?
4. Yoga for public education.
5. Therapeutic yoga in hypothyroidism.
6. Benefits of aerobics.
7. Vidhi and Nisheda.
8. Benefits of matsyasana.
9. Benefits of bare foot walking.
10. Yoga for old age.
