

FEBRUARY 2008

[KS 1523]

Sub. Code : 1523

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

(New Regulations)

Paper I — YOGA THERAPY

Q.P. Code : 821523

Time : Three hours

Maximum : 100 marks

**Theory : Two hours and
forty minutes**

Theory : 80 marks

M.C.Q. : Twenty minutes

M.C.Q. : 20 marks

Answer ALL questions.

I. Long Essay : (2 × 15 = 30)

1. Write about Yoga Nidra in detail and add a special note on

(a) Yoga Nidra for children

(b) Chakra Visualization.

2. Yoga therapy for Hypertension and IHD (Ischaemic Heart Disease).

II. Short notes : (10 × 5 = 50)

1. Yogic management in personality disorders.

2. Yoga for Diabetes Mellitus and Diabetes Insipidus.

3. Justify relaxation methods in Branchial Asthma.

4. Art of living and Sudarshana kriya.

5. Short notes on Yogic diet in Health Maintenance.

6. Greeva Shakthi Vikashaka.

7. Udhara Shakthi Vikashaka.

8. Brief about Hypothyroidism and justify role of yogic procedures.

9. Brief about DUB (Dysfunctional Uterine Bleeding) and justify the role of yogic practices.

10. Yogic practices for Infertility.

August 2008

[KT 1523]

Sub. Code : 1523

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

(New Regulations)

Paper I —YOGA THERAPY

Q.P. Code : 821523

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

I. Long Essay : (2 × 15 = 30)

1. How the yoga therapy helpful for Managing Respiratory disorders?

2. Discuss yoga and mental health and write detail about the mode of living and disciplined life.

II. Short notes : (10 × 5 = 50)

1. Uddhar Karsha Vikasana.

2. Shakthi Chalana.

3. Chakra visualization.

August 2008

4. Correction of displaced Nahi.
5. Instant Relaxation Technique.
6. Management of paediatric disorders.
7. Walking and barefoot walking in curing general diseases.
8. Therapy for digestive disorders.
9. How yoga helps for anxiety disorders?
10. Meditation.

III. Write Short Answers. (10 × 2 = 20)

1. Define Nahi.
2. Types of pranayamas.
3. What is Samyama?
4. Define Sankalpa.
5. Indication for hypertension.
6. Contra indication of Bhujangasana.
7. Swimming.

8. What is Vidhi and Nisheda?
 9. Benefits of Chakra Padasana.
 10. Mention two asanas for ENT disorders.
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[KU 1523]

Sub. Code : 1523

B.N.Y.S. DEGREE EXAMINATION.

Fourth Year

(New Regulations)

Paper I — YOGA THERAPY

Q.P. Code : 821523

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

I. Long Essay : (2 × 15 = 30)

1. Write about Arthritis and its yogic management.
2. Stress and its management through yoga.

II. Short notes : (10 × 5 = 50)

1. Model yogic lesson planning.
2. Yogic Management of IBS.
3. Different types of meditation and its effects on the body.
4. Trataka, types and benefits.

5. PET.
6. Yogic diet.
7. SMET.
8. Tiger stretch and its effects.
9. Dynamics
10. Kapala Shakti Vikasa and Bhuj Bandha shakti Vikasak.

III. Write Short Answers : (10 × 2 = 20)

1. Integrated approach of yoga.
2. Kartal Shakti Vikasak.
3. How do you correct in displaced Nabis?
4. Training the mind.
5. Kundalini Awakening.
6. Write about Shirasasana and Hanumanasana.
7. Yogic Methods.
8. Levels of consciousness according to freud.
9. Peaceful Diet.
10. Saguna and Nirguna.

August - 2009

[KV 1523]

Sub. Code : 1523

B.N.Y.S. DEGREE EXAMINATION.

Fourth Year

(New Regulations)

Paper I — YOGA THERAPY

Q.P. Code : 821523

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

I. Long Essay : (2 × 15 = 30)

1. How do you manage Yoga in Gynaecological disorders?

2. Therapeutic benefits of yogic sukshma vyayama, sthula vyayam, shakti bandha series, sudarshana kriya.

II. Short notes : (10 × 5 = 50)

1. Teaching methods of Yoga.

2. Bronchial asthma and its cure through yoga.

3. Yoga Nidra – II.

August - 2009

4. Jangha shakti vikasak, pindali shakti vikasak.
5. Psychoanalysis and psychosynthesis of yoga.
6. MSRT.
7. Yogic management of anxiety disorders.
8. Therapies for psychological disorders.
9. Types of research in yoga.
10. Yoga and mental health.

7. Holistic healing.
 8. Psychiatric diseases treated through yoga.
 9. Meditation.
 10. Studies on brain waves.
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III. Write short answers : (10 × 2 = 20)

1. Pancha kosha theory.
2. Netra shakti vikasak.
3. QRT.
4. Bare foot walking.
5. Samadhi.
6. Write about any two advanced asana.

February 2010

[KW 1523]

Sub. Code: 1523

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

Fourth Year

Paper I – YOGA THERAPY

Q.P. Code : 821523

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

I. Long Essay:

(2 x 15 = 30)

1. Management of yoga therapy in inflammatory Bowel disorders. Write the yogic diet.
2. How do you manage yoga in metabolic disorders?

II. Short Notes:

(10 x 5 = 50)

1. Therapeutic effects of Anxiety disorders.
2. Quick relaxation technique.
3. Physiological effects of obesity.
4. Training the mind.
5. DRT.
6. Greeva Shakthi Vikashaka.
7. How therapeutic effect of yoga helps in interpersonal relationship?
8. Udhara Shakthi Vikashaka.
9. How do you correct in displaced Nabis.
10. Yogic diet.

III. Short Answer questions:

(10 x 2 = 20)

1. Benefits of Sukshma Vyyayama.
 2. Procedure for Smarana Shakthi Vikashaka.
 3. Symbols for unconsciousness.
 4. How meditation helps in increasing complexity?
 5. Aerobics.
 6. Which exercise helps in shrunken cheeks?
 7. What is Sthula Vyyama.
 8. What is Sankalpa?
 9. Physiological effects of uddiyana bandha?.
 10. Limitation of yoga in CAD.
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August 2010

[KX 1523]

Sub. Code: 1523

B.N.Y.S. DEGREE EXAMINATION.

(New Regulations)

Fourth Year

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. How yoga therapy is helpful in managing Cardio-vascular ailments?
2. Teaching methods of yoga to public, students and patients. Add a note on yoga in education system.

II. Short Notes:

(10 x 5 = 50)

1. Role of general exercises.
2. How yoga helps in paediatric disorders?
3. Meditation and application on Psychosomatic disorders.
4. Effects of Swimming and stretching.
5. SMET.
6. Yoga Nidra III technique.
7. Harmonial relationship of body and mind.
8. Physiological effects of Neuro muscular disease.
9. IRT.
10. Behaviour therapy.

III. Short Answers:

(10 x 2 = 20)

1. Benefits of Sudarshana Kriya.
 2. Satvik Diet.
 3. Justify – yoga in mood disorders.
 4. Contra-Indications of Ustrasana.
 5. Meditation and Types.
 6. Limitation of Yoga in metrorrhagia.
 7. Mani Bandha Shakthi Vikashaka.
 8. Pancha Kosha and effects.
 9. Yoga Therapy in Stress incontinence.
 10. Kundalini-Shakthi Vikashaka.
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August 2011

[KZ 1523]

Sub. Code: 1523

B.N.Y.S. DEGREE EXAMINATION.

Fourth Year

Paper I – YOGA THERAPY

Q.P. Code : 821523

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

I. Essay questions:

(2X15=30)

1. Explain about the Yogic way of Chakra diagnosis.
2. What is research? Explain the research methods in yoga therapy?

II. Short Notes:

(10X5=50)

1. Rajsik diet and related disorders.
2. Yoga therapy for sinusitis.
3. Yoga as a way of life.
4. Total integration of personality.
5. Sukshma vyayama.
6. Yoga for allergic disorders.
7. Impact of Eye exercises on eye sight.
8. Anulom vilom pranayama.
9. Model lesson planning for students below the age of 15 years.
10. Behavioral therapy through Yoga.

III. Short Answer:

(10X2=20)

1. Importance of right nostril breathing.
2. QRT.
3. Benefits of swimming.
4. Effect of Vamana dhouti on asthma.
5. Pelvic-floor-exercises.
6. Yoga for anxiety disorders.
7. Benefits of Mahamudra.
8. Yoga for cervical spondylosis.
9. Aerobic exercises.
10. Therapeutic applications of Uddiyana bandha.

February 2012

[LA 1523]

Sub. Code: 1523

B.N.Y.S. DEGREE EXAMINATION.

FOURTH YEAR

Paper I – YOGA THERAPY

Q.P. Code: 821523

Time: Three Hours

Maximum: 100 marks

Answer ALL questions

I. Elaborate on:

(2 x 15 = 30)

1. How yoga therapy helps in managing in respiratory disorders?
2. Explain about the historical perspective and identifying psychological disorders.

II. Write notes on:

(10 x 5 = 50)

1. Research methods in yoga therapy.
2. Kunjal kriya.
3. Emerging into Samadhi.
4. Pranic energisation technique.
5. Asanas for Hormonal disorders.
6. Art of relaxation.
7. Sudarshana kriya.
8. Psychology of spiritual growth.
9. Correct mental behavior and attitude.
10. Behavior therapy.

III. Short Answers

(10 x 2 = 20)

1. Instant relaxation technique.
2. Benefits of Vakrasana.
3. Role of stretching exercises.
4. Contraindication of Salbhasana.
5. Correction of displaced Nabhi.
6. Dissociative disorders.
7. Bhujabandha sakti vikasaka.
8. Sutra neti.
9. Cause of stress.
10. Toning judgment.

[LB 1523]

Sub. Code: 1523

FOURTH YEAR B.N.Y.S. DEGREE EXAM – AUGUST 2012

Paper – I YOGA THERAPY

Q.P. Code: 821523

Time: 180 Minutes

Maximum: 100 marks

Answer ALL questions

I. Elaborate on:

**Pages Time Marks
(Max.)(Max.)(Max.)**

- | | | | |
|--|----|----|----|
| 1. Prove Panchakosha theory as a Basis of Yogic Therapy. | 16 | 25 | 15 |
| 2. Describe Yoga therapy for Anxiety disorder and mood disorder. | 16 | 25 | 15 |

II. Short notes on:

- | | | | |
|---|---|---|---|
| 1. Psychology of spiritual growth. | 3 | 8 | 5 |
| 2. Constipation and Yoga. | 3 | 8 | 5 |
| 3. Bare foot walking. | 3 | 8 | 5 |
| 4. Pregnancy and Yoga. | 3 | 8 | 5 |
| 5. Yogic management of IHU. | 3 | 8 | 5 |
| 6. Teaching methods of Yoga to Public. | 3 | 8 | 5 |
| 7. Yogic management of Nasal Allergy. | 3 | 8 | 5 |
| 8. Mechanism of stress disorders. | 3 | 8 | 5 |
| 9. Write the research methods in Yoga therapy for hypertension and obesity. | 3 | 8 | 5 |
| 10. Yogic diet. | 3 | 8 | 5 |

III. Short Answers on:

- | | | | |
|--|---|---|---|
| 1. IRT. | 1 | 5 | 2 |
| 2. Name various teaching methods in yoga. | 1 | 5 | 2 |
| 3. Yogic prescription to Irritable Bowel syndrome. | 1 | 5 | 2 |
| 4. Define stress. | 1 | 5 | 2 |
| 5. Janu shakti vikasana. | 1 | 5 | 2 |
| 6. What is PET? | 1 | 5 | 2 |
| 7. Yoga therapy in Dysmenorrhoea. | 1 | 5 | 2 |
| 8. Vyadhi. | 1 | 5 | 2 |
| 9. Benefits of Yoga Nidra. | 1 | 5 | 2 |
| 10. Tranquilizing effect of yoga. | 1 | 5 | 2 |

FOURTH YEAR B.N.Y.S. DEGREE EXAM - FEBRUARY 2013

PAPER I - YOGA THERAPY

Q.P. CODE: 821523

Time: Three Hours

Maximum Marks: 100 Marks

ANSWER ALL QUESTIONS

I. ESSAY QUESTIONS:

2 X 15= 30

1. Management of Neuromuscular diseases through yoga therapy
2. Stress Management procedure and effects

II. SHORT NOTES:

10 X 5= 50

1. Write in detail about stretching exercise
2. Eye exercise procedure and effects
3. Deep relaxation Technique procedure and benefits
4. Yoganidra procedure and contra indications.
5. Role of yoga and Education
6. The Role of yoga in Rehabilitation of the Handicapped
7. Hypothyroidism Management
8. Intergrated Approach of yoga therapy
9. Comparison of means of yoga and physical education
10. Sudarshana kriya related with Respiratory diseases

III. SHORT ANSWERS

10 X 2= 20

1. Greeva shakthi vikashaka
2. Art of Relaxation.
3. Write about Asta siddhis.
4. Instant Relaxation Technique.
5. Therapeutic yoga in pregnancy.
6. Kriyas Effects in Headache.
7. Yoga Therapy in ENT Disorders
8. Benefits of Anahata chakra
9. Management of Anxiety Disorders
10. Benefits of walking and Bare foot walking

FOURTH YEAR B.N.Y.S. DEGREE EXAM - AUGUST 2013

PAPER I - YOGA THERAPY

Q.P. CODE: 821523

Time: Three Hours

Maximum Marks: 100 Marks

ANSWER ALL QUESTIONS

I. ESSAY QUESTIONS:

2 X 15= 30

1. Management of digestive diseases through yoga therapy
2. Research methods in yogic cure for diseases

II. SHORT NOTES:

10 X 5= 50

1. Types and effects of gardening
2. Physiological effects of hemiplegia
3. Meditation in psychosomatic disorders
4. Yoganidra - III - technique
5. Teaching methods of yoga to public.
6. How yoga helps in personality development?
7. Sinusitis management through yoga.
8. Instant relaxation technique.
9. Write in detail about bhagiranga yoga.
10. Differences between yoga and dance.

III. SHORT ANSWERS

10 X 2= 20

1. Precaution of sukshma vyayama.
2. Symbols of unconsciousness.
3. Types of panchakoshas.
4. Stages in karma yoga.
5. Contraindication of yoga in hypertension.
6. Limitations of yoga
7. Vidhi and nisheda in yoga therapy
8. Yoga in family planning.
9. Pranic energizing technique procedure.
10. Experiences in yoga nidra

FOURTH YEAR B.N.Y.S. DEGREE EXAM

PAPER I – YOGA THERAPY

Q.P. Code : 821523

Time: Three hours

Maximum : 100 Marks

Answer All questions

I. Essays Questions:

(2 x 15 = 30)

1. Explain Research methodology in yoga therapy. Note a Summary of important Research done in therapeutic effects of meditation.
2. Define: Yoga and Mental health. Explain various yogic therapeutic modalities to manage Psychological disorders.

II. Short Notes:

(10 x 5 =50)

1. Note on yogic sthula viyayamas.
2. Concept and Importance of diet in yoga.
3. Physiological effects of uddiyan bandha.
4. MSRT.
5. Yogic management for Acute & chronic of sinusitis.
6. Role of yoga in metabolic disorders.
7. Physiological and therapeutical effects of Inverted Asanas..
8. Model lesson planning for children.
9. Personality development through yoga.
10. Art of Relaxation.

III. Short Answers:

(10 x 2 = 20)

1. Effects of Balancing Asanas.
2. Bhramari Pranayama
3. Benefits of Gardening.
4. Jatru Trataka.
5. Yoga therapy for Migraine
6. Effects of yoga nidra on brain.
7. Pranayamas to manage Hypo thyroidism.
8. Importance of warmup and stretching Exercises.
9. Pranayama Vs Breathing exercises
10. Adhi and Vyadhi.

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. Meditation and its effects on psychosomatic diseases.
2. Therapeutic yoga in hormonal diseases.

II. Short Notes:

(10 X 5 = 50)

1. Mind sound resonance technique.
2. Gardening.
3. Yoga nidra – v – technique.
4. Management of Polycystic Ovarian Disease.
5. Emerging in to Samadhi.
6. How yoga helps in mental health.
7. Tamasik diet.
8. Yoga & personality development.
9. Correction of nabi chakra.
10. Sudarsana kriya and effects.

III. Short Answers:

(10 X 2 = 20)

1. Symbols of unconsciousness.
2. Effects of bandhas.
3. Therapy in mood disorders.
4. Quick relaxation technique.
5. Vidhi and nisheda.
6. Satvik diet effects.
7. Chakra meditation.
8. PET – effects.
9. Adhija and anadigha.
10. Barefoot walking.

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. Essays Questions:

(2 x 15 = 30)

1. Management of Diabetes mellitus and Hypertension and its various complications through yoga therapy.
2. What are the special techniques of yoga? Explain each technique in detail.

II. Write Notes on:

(10 x 5 =50)

1. Yoga therapy for Allergic Rhinitis.
2. Integrated approach of yoga therapy.
3. Differentiate yoga and psychology.
4. Nabhi pariksha.
5. Kapalabhati Vs Bhastrika Vs Sudharshan kriya: discuss
6. Yogic management of depression
7. Yoga Nidra: Procedure, Indication and Contraindications
8. Yogic lesson planning for IIInd Trimester of Pregnancy
9. Management of Irritable bowel syndrome through yoga. Note a summary of research done in this topic.
10. Yogic sukshuma vyayamas to strengthen the neck.

III. Short Answers on:

(10 x 2 = 20)

1. Kundalini.
2. Aerobics.
3. Sankalpa.
4. Contra Indications of uddiyana.
5. Symbols of unconsciousness.
6. Limitations of yoga in CAD (Coronary artery Disease).
7. Training the mind.
8. Kaphalabhati kriya contraindications.
9. Procedure of Deep Relaxation Technique.
10. Levels of Samadhi.

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. Yoga Nidra Procedures in detail.
2. Management of yoga therapy in digestive diseases.

II. Write Notes on:

(10 x 5 = 50)

1. Research methods in yoga therapy.
2. Changes in Brain during Meditation.
3. Stretching Exercises for Back.
4. Procedure of Deep Relaxation Technique.
5. Training the mind.
6. Yoga therapy in eye disorders.
7. Method of correct Walking and Running.
8. Contraindications of Asanas in Heart Diseases.
9. Displaced nabis.
10. Udarakarsnasakthivikashaka.

III. Short Answers on:

(10 x 2 = 20)

1. Art of relaxation.
2. Trataka effects.
3. Therapy in anxiety disorders.
4. Instant Relaxation Technique.
5. Limitations of yoga in Hypertension.
6. Stula vyayama.
7. Effect on migraine by Meditation.
8. Stress –Definition and types.
9. Pancha koshas.
10. Walking benefits.

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. Therapeutic benefits of sthula vyayama and shakti Bandha series.
2. How- Yoga therapy helps in managing respiratory disorders?

II. Write Notes on:

(10 x 5 = 50)

1. Barefoot walking in curing general diseases.
2. Pregnancy and Yoga.
3. Yogic diet as per Hatha Yoga.
4. Yogic management of cardiovascular diseases.
5. Asanas for Hormonal disorders.
6. Yoga nidra and brain.
7. Correction of displaced Nabhi.
8. Meditation and its effects.
9. Teaching methods of yoga to public.
10. Role of stretching exercises.

III. Short Answers on:

(10 x 2 = 20)

1. Types of Prana.
2. IRT.
3. Define stress and its types.
4. Yogic management of ENT disorders.
5. Define nabhi.
6. Relationship between body and mind.
7. Symbols of Unconscious.
8. Jangha Shakti vikasaka.
9. Yoga therapy in dysmenorrhoea.
10. Contraindication of salabhasana.

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. Research methods in yogic therapy and add a note on statistical analysis.
2. Role of yoga therapy for
 - a) Stress-its causes, effects and control.
 - b) Personality Disorders.

II. Write Notes on:

(10 x 5 = 50)

1. Ophthalmologic disorders and yoga.
2. Management of paediatric disorders.
3. Emerging into Samadhi.
4. Harmonious relationship of body and mind.
5. Yogic Management for digestive disorders.
6. Limitations in adoption of Yoga in education system.
7. Contraindications of Shatkriyas.
8. Aerobic exercises and its effects.
9. Contraindications of Sukshma Vyayama.
10. Yogic management for Neuromuscular disorders.

III. Short Answers on:

(10 x 2 = 20)

1. Define Yoga.
2. SMET.
3. Kunjal Kriya.
4. Ashta Siddhis.
5. Greeva Shakti vikasaka.
6. Define Sankalpa.
7. Nabhi Pariksha.
8. Kundalini.
9. Yoga and exercise.
10. Colour of earth.

[LJ 1523]

AUGUST 2016

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 advanced techniques of Yoga therapy.
2. Yogic Management for metabolic disorder.

II. Write Notes on:

(10 x 5 = 50)

1. Art of Relaxation.
2. Behaviour therapy.
3. Role of stretching exercise.
4. Neti and its effects.
5. Gardening.
6. Explain Lesson planning with examples.
7. Research methods in yoga therapy.
8. Role of yogic management for sinusitis.
9. MSRT.
10. Yogic management for Irritable Bowel syndrome.

III. Short Answers on:

(10 x 2 = 20)

1. Sthula vyayama.
2. Experiences in yoga nidra.
3. Tranquilising effect.
4. Kriyas.
5. Name various teaching methods in yoga.
6. Vyadhi.
7. Vaksha sthala shakthi vikasaka.
8. Nadis and its effects.
9. Swimming.
10. Koshas.

[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.

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 metabolic disorders.
2. Write a note on research methodology and write about experimental research.

II. Write Notes on:

(10 x 5 = 50)

1. Rajasic diet.
2. Write about Behaviour therapy.
3. Procedure of Sthula vyayama.
4. Pancha kosha theory.
5. Physiological effects of neuro muscular disorders.
6. Quick relaxation technique.
7. Yoga nidra – II.
8. Hormonal relationship of Body and Mind.
9. Griva Shakthi Vikasaka.
10. Write about swimming.

III. Short Answers on:

(10 x 2 = 20)

1. Types of meditation.
2. Bare foot walking.
3. Benefits of linga mudra.
4. Kundalini sakthi vikashaka.
5. Limitation of yoga in Metrorrhagia.
6. Benefits of IRT.
7. Prana mudra benefits.
8. Yoga and vegetarianism.
9. Sinusitis management.
10. Benefits of MSRT.

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 Neurological disorders.
2. Detail on Deep Relaxation Technique.

II. Write Notes on:

(10 x 5 = 50)

1. Tamasic diet.
2. Training of the mind.
3. Procedure of Sudarshan kriya and its benefits.
4. Integrated approach of yoga therapy.
5. Physiological effects of PCOS.
6. Instant relaxation technique.
7. Yoga nidra – III.
8. Management of thyroid problem.
9. Udara Shakti Vikasaka.
10. Write about Gardening.

III. Short Answers on:

(10 x 2 = 20)

1. Define sankalpa.
2. Stretching exercise.
3. Yoga and personality.
4. Yoga therapy in stress incontinence.
5. Yoga in psychiatric disorders.
6. Art of relaxation.
7. Types of consciousness.
8. Benefits of bhujangasana.
9. Benefits of yoga nidra in children.
10. Maha bandha - benefits.

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. What is PCOD? Write about the management of yoga therapy in PCOD and irregular period?
2. Elaborate physiological effects of yoga therapy in atherosclerosis and hypertension.

II. Write Notes on:

(10 x 5 = 50)

1. Qualities of tamasik diet.
2. Yoga nidra for childrens.
3. QRT.
4. MSRT - benefits technique and procedure.
5. Janu sakthi vikashaka.
6. Brain waves changes in meditation.
7. DRT – plays role in psychological disorders – justify.
8. Displaced nabis.
9. Management of migraine disorders.
10. Swimming in detail.

III. Short Answers on:

(10 x 2 = 20)

1. Yoni mudra procedure and benefits.
2. Sankalpa.
3. Types of consciousness.
4. Walking benefits.
5. Upa pranas.
6. Trataka benefita.
7. Define yoga therapy.
8. Mithahara – meaning.
9. Benefits of sudasana kriya.
10. Zen meditation.

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. What is asthma? How you will correct the COPD in yoga therapy?
2. Manage of yoga therapy in Osteoarthritis.

II. Write Notes on:

(10 x 5 = 50)

1. Eye exercises for eye disorders.
2. Dysfunctional uterine bleeding – yoga therapy management.
3. Vyadis – classification and write management, according to kosha theory.
4. Yoga nidra – II.
5. Satvik diet.
6. Positive thinking.
7. Personality development in yogic way.
8. PET – procedure and effects.
9. Kundalini sakthi vikashaka.
10. Solar plexus.

III. Short Answers on:

(10 x 2 = 20)

1. Hridaya mudra – benefits.
2. IRT – duration and procedure.
3. Pancha koshas and meaning.
4. Gardening effects.
5. Ustrasana – indication.
6. Which mudra is best for gynaecological disorders?
7. Effect of sakthi bandhasanas.
8. Vajrasana is good – justify in gastric problems.
9. How anahatha chakra helpful in heart diseases?
10. Limitations of sukshma vyayama.

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. How yoga therapy helps in ENT disorders?
2. Yoga and physical Education in detail.

II. Write Notes on:

(10 x 5 = 50)

1. Rajasik diet.
2. Yoga nidra --- IV technique.
3. Yoga and sports.
4. How yoga helps in sterility?
5. Teaching methods of yoga to students, public, patients.
6. How yoga helps in paediatric disorders?
7. Hormonal relationship of body and mind.
8. Yoga and vegetarianism.
9. Management of yoga therapy in Liver disorders.
10. Behaviour Therapy.

III. Short Answers on:

(10 x 2 = 20)

1. Limitation of yoga in Metrorrhagia.
2. Meditation and its types.
3. Sudasana kriya.
4. Contraindications of sirshasana.
5. Marjariasana – Benefits.
6. Yoni mudra – Benefits.
7. Yoga therapy in Impotence.
8. Aerobics.
9. Barefoot walking and Acupressure effect.
10. Imagination and visualization.

[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.

[LN 1523]

OCTOBER 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 Research methods in yoga therapy.
2. Management of metabolic diseases through yoga therapy.

II. Write Notes on:

(10 x 5 = 50)

1. Aerobic exercises.
2. MSRT – technique and its benefits.
3. Yoga for digestive disorders.
4. Yogic diet.
5. Effects of Yoga Nidra.
6. Therapeutic benefits of Sudarshana Kriya.
7. Procedures for correction of displaced Nabhi.
8. Yogic practices for Respiratory disorders.
9. Vidhi and Nisheda of yoga.
10. Harmonial relationship of body and mind.

III. Short Answers on:

(10 x 2 = 20)

1. Brahmari pranayama.
2. Indications of Kunjal Kriya.
3. Symbols of unconsciousness.
4. Instant Relaxation Technique (IRT).
5. Yogic management in muscular dystrophy.
6. Mani bandha shakthi Vikasaka.
7. Benefits of Trataka.
8. Stress and meditation.
9. Prescribe Yoga for Sciatica.
10. Yoga therapy for ophthalmologic disorders.

[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.

[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.

[LQ 1523]

FEBRUARY 2020

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. Role of general exercise and write briefly about the yoga and exercise.
2. Meditation and its applications on Psychosomatic disorders.

II. Write Notes on:

(10 x 5 = 50)

1. Deep relaxation technique.
2. Aerobics.
3. Yoga nidra - II.
4. Swimming.
5. Satvic diet.
6. Yoga therapy in neuro muscular diseases.
7. Udara sakthi vikasaka.
8. Uddiyana bandha and contra indication.
9. Training the mind.
10. Solar plexus and its effects.

III. Short Answers on:

(10 x 2 = 20)

1. Management in thyroid problem.
2. Benefits of shut kriyas.
3. Yogic basthi.
4. Smarana sakthi vikasakha.
5. Stress and its effects.
6. Sankalpa and its effects.
7. Benefits of yoga nidra.
8. Effects of kriyas in ophthalmic disorders?
9. Yoga in Schizophrenia.
10. Ujjayi- indication and contraindication.

[LQ 1523]

DECEMBER 2020

Sub. Code: 1523

(MAY & AUGUST 2020 SESSION)

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 about Diabetes and its Management and write about two Research Articles?
2. Disorders of Eye and its Yogic Management?

II. Write Notes on:

(10 x 5 = 50)

1. Yoga and Mental Health.
2. Antenatal Yoga.
3. Dissociative Disorders.
4. Yogic Diet.
5. Five Techniques of Sukshma Vyayam.
6. Importance of Namaskarasana in Surya Namaskar.
7. Yoga Nidra and Brain.
8. Tamasik Diet.
9. Reflux Disorders and its Management.
10. Retroverted Walking.

III. Short Answers on:

(10 x 2 = 20)

1. Muscular Dystrophy and Yogic Effects.
2. Samyama and Sankalpa.
3. Pranic Body.
4. Gulping Breath.
5. Two Asanas for Sciatica.
6. MSRT Technique.
7. Holistic Health.
8. Importance of Moola Banda.
9. Ajna Chakra and Melatonin.
10. Symbol of Unconsciousness.

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.

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

[BNYS 0322]

**MARCH 2022
(FEBRUARY 2021 & MAY 2021 SESSIONS)**

Sub. Code: 1523

**B.N.Y.S. DEGREE EXAMINATION
FOURTH YEAR
(For the candidates admitted from the academic year 2011-12)
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. Explain covid 19 and its yogic management?
2. What is PCOS? Interrelationship of obesity and hypothyroidism and its yogic management?

II. Write Notes on:

(10 x 5 = 50)

1. Physiological effects of yoga therapy in atherosclerosis.
2. Sinusitis and allergic rhinitis and its management.
3. Kundalini sakthi vikashaka.
4. Behaviour therapy.
5. Nabi pariksha.
6. Sudarsana kriya.
7. Meditation and its effect of psychological problems.
8. Pancha kosha theory.
9. Stretching exercise.
10. Correction of displaced nabis.

III. Short Answers on:

(10 x 2 = 20)

1. Pranic energising technique.
2. Camel pose and its benefits.
3. Zen meditation.
4. Types of consciousness.
5. Maha bandha.
6. Limitations of yoga.
7. Tranquilising pranayama.
8. Jangha sakthi vikashaka.
9. Levels of Samadhi.
10. Chakra meditation.

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

[BNYS 0522]

MAY 2022

Sub. Code: 1523

(AUGUST 2021 & OCTOBER 2021 SESSIONS)

B.N.Y.S. DEGREE EXAMINATION

FOURTH YEAR

(For the candidates admitted from the academic year 2011-12)

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. Explain type 2 Diabetes mellitus it's yogic management and two research articles.
2. Disorders of eye and its yogic management.

II. Write Notes on:

(10 x 5 = 50)

1. Antenatal yoga.
2. Dissociative disorders.
3. Yogic diet.
4. Muscular Dystrophy.
5. Explain how stress causes bronchial asthma.
6. Yoga Nidra and brain.
7. GERD.
8. Tonsillitis.
9. ANAMS.
10. Gardening.

III. Short Answers on:

(10 x 2 = 20)

1. Jalaneti physiology.
2. Role of zinc in immunity.
3. Psychotherapy.
4. Importance of Baroreceptors in Jalandhara bandha.
5. Bhujangini pranayama.
6. Holistic healing.
7. Gulping breath.
8. Ajna chakra and melatonin.
9. Mood disorders.
10. Emerging into samadhi.

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

[BNYS 1022]

**OCTOBER 2022
(FEBRUARY 2022 & MAY 2022 SESSIONS)**

Sub. Code: 1523

**B.N.Y.S. DEGREE EXAMINATION
FOURTH YEAR
(For the candidates admitted from the academic year 2011-12)
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. Classification of disease according to yoga and yogic management for peptic ulcer.
2. a) Explain any three yogic sukshma vyayam.
b) Yoga and mental health.

II. Write Notes on:

(10 x 5 = 50)

1. Cyclic meditation.
2. Symbols of the unconscious and art of relaxation.
3. Correction of displaced nabhi.
4. Sthula vyayam.
5. Stretching exercises.
6. Statistical Analysis.
7. Yogic therapy for bronchial asthma and its physiology.
8. Panic energising technique.
9. Kashtatakhasana and Gatyamak meruvakrasana.
10. Yoga Nidra technique – 4.

III. Short Answers on:

(10 x 2 = 20)

1. Training the mind.
2. IBS.
3. Allergic Rhinitis.
4. Raju karshasana.
5. Sudarshana kriya.
6. Physiological benefits of jalaneti.
7. Gut-brain axis.
8. Moola bandha contraindications.
9. OCD.
10. Eye exercises contraindications.

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

[BNYS 0323]

MARCH 2023

Sub. Code: 1523

(AUGUST 2022 & OCTOBER 2022 EXAM SESSIONS)

B.N.Y.S. DEGREE EXAMINATION

FOURTH YEAR

(For the candidates admitted from the academic year 2011-12)

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. Role of Yoga in Gynaecological disorders.
2. Yogic Management for COPD.

II. Write Notes on:

(10 x 5 = 50)

1. Lumbar Spondylosis and its Yogic Management.
2. Management of Muscular Dystrophy.
3. Yoga Nidra effectiveness in Insomina.
4. Difference between Sudharshana and Sukshmavyayama.
5. Rajasik Diet.
6. Benefits of Mitahara Diet.
7. Management for Hypothyroidism.
8. Behavioral Therapy.
9. Gardening.
10. Udhara Shakthi Vikasaka.

III. Short Answers on:

(10 x 2 = 20)

1. Sampling.
2. Different types of Brain Waves.
3. Swimming.
4. Asanas for Varicose veins.
5. Yogic diet for Dysmenorrhoea.
6. Art of Relaxation.
7. Prathyahara.
8. Benefits of Goolf Chakra.
9. Physiological effects of Kapalabhati.
10. Yoga for children.

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

[BNYS 0823]

**AUGUST 2023
(MAY 2023 EXAM SESSION)**

Sub. Code: 1523

**B.N.Y.S. DEGREE EXAMINATION
FOURTH YEAR
(For the candidates admitted from the academic year 2011-12)
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. Coronary artery disease a) pathogenesis and its clinical features.
b) yogic diet and yoga therapy.
2. Classification of disease according to yoga. Explain stress and its yogic management.

II. Write Notes on:

(10 x 5 = 50)

1. Vipasana meditation.
2. Statistical analysis.
3. Yoga nidra technique - III.
4. Correction of displaced nabis.
5. Gardening.
6. Stula vyayam.
7. Yoga therapy for Covid 19.
8. Hypothyroidism and its management.
9. Somatoform disorders.
10. Yoga and mental health.

III. Short Answers on:

(10 x 2 = 20)

1. Angulisakthi vikasaka.
2. Gut brain axis.
3. Locust pose and its indication.
4. Jalaneti physiology.
5. Frontal brain cleansing technique.
6. Bujangini pranayama.
7. Zinc deficiency and its management.
8. Baroreceptors role in jalandra bandha.
9. Sudarshana kriya.
10. Psycho Therapy and psycho analysis.

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

[BNYS 0124]

JANUARY 2024

Sub. Code: 1523

(JUNE 2023 / OCTOBER 2023 EXAM SESSIONS)

B.N.Y.S. DEGREE EXAMINATION

FOURTH YEAR

(For the candidates admitted from the academic year 2011-12)

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. Write in detail about cardiovascular disorders and mention its yogic management.
2. Yogic Sukshma Vyayamas and its therapeutic benefits.

II. Write Notes on:

(10 x 5 = 50)

1. Sexual disorders and its management.
2. Correction of displaced nabhi.
3. Teaching methods of yoga.
4. Yoga Nidra and Brain.
5. Explain about COPD and mention its yogic management.
6. Principles of yogic therapy.
7. Yoga Nidra-5.
8. ANAMS and VISAK.
9. Bare foot walking.
10. How shatkriyas helps in ENT disorders?

III. Short Answers on:

(10 x 2 = 20)

1. Vidhi and Nishedha.
2. Instant Relaxation Technique.
3. Aerobic exercise.
4. Stress and its causes.
5. Mitahara.
6. Hrd-ghati.
7. Transcendental meditation.
8. MEMT.
9. Swimming and its benefits.
10. Sankalpa.

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

[BNYS 0824]

**AUGUST 2024
(MAY 2024 EXAM SESSION)**

Sub. Code: 1523

**B.N.Y.S. DEGREE EXAMINATION
FOURTH YEAR
(For the candidates admitted from the academic year 2011-12)
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. Explain all about the advanced techniques of Yoga Therapy.
2. Write about the Integration of Personality according to chakras.

II. Write Notes on:

(10 x 5 = 50)

1. Yoga and diet.
2. Write about Psychotherapy and yoga therapy for Schizophrenia.
3. Walking and its effects on each system.
4. Hormonal disorders and its yogic management.
5. Workshop on Yogic therapy.
6. Anxiety disorders.
7. Training the mind.
8. Behaviour therapy and its methods.
9. Pranic Phenomena during sleep.
10. Sthula vyayama.

III. Short Answers on:

(10 x 2 = 20)

1. Three- fold tensions.
2. 'Little man'.
3. Sleep and Samadhi.
4. Chakki chalanasana in PCOD.
5. Ghriva sakthi vikasaka.
6. Model lesson planning.
7. Zen meditation.
8. QRT and DRT.
9. Rotation of Consciousness.
10. PET.

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

[BNYS 0125]

**JANUARY 2025
(OCTOBER 2024 EXAM SESSION)**

Sub. Code: 1523

**B.N.Y.S. DEGREE EXAMINATION
FOURTH YEAR
(For the candidates admitted from the academic year 2011-12)
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. What are the types of Meditation and explain about its application on Psychosomatic disorders.
2. Hypo thyroidism and its yogic management.

II. Write Notes on:

(10 x 5 = 50)

1. Symbol of Unconsciousness.
2. Personality Disorders.
3. Research methods in Yoga therapy.
4. History of Yoga therapy.
5. Experience in Yoga Nidra.
6. SMET.
7. Shakti Bandha series and its beneficial effects.
8. Rajasik-Tamasik Personality of Swadhisthana chakra.
9. Therapy of Inter- personal relations.
10. Sudarshan Kriya.

III. Short Answers on:

(10 x 2 = 20)

1. Stretching.
2. Kanishta Pranayama.
3. Brain Waves during Yoga Nidra.
4. Gardening and its relation with Yoga.
5. CBT AND DBT.
6. Utkurdan yoga.
7. MIRT.
8. Pranic Phenomena during sleep.
9. Visualisation.
10. Psychotherapy.

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

[BNYS 0725]

**JULY 2025
(MAY 2025 EXAM SESSION)**

Sub. Code: 1523

**B.N.Y.S. DEGREE EXAMINATION
FOURTH YEAR
(For the candidates admitted from the academic year 2011-12)
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. Write in detail about Stress Management through yoga therapy.
2. Yogic management for metabolic disorders.

II. Write Notes on:

(10 x 5 = 50)

1. Swimming Types and Benefits.
2. QRT – Procedure and Precaution.
3. Teaching methods of yoga in Public.
4. Yoga Nidra Fourth Technique.
5. Cyclic Meditation in Psycho Somatic Disorders.
6. Yoga therapy for Pelvic inflammatory disease.
7. Scientific evidence of pranayama.
8. Give the examples of Clinical Condition in Displaced Nabi.
9. Yoga therapy for Diabetes - Justify it.
10. Satvik Diet.

III. Short Answers on:

(10 x 2 = 20)

1. Ahara and Vihara.
2. Sankalpa.
3. Limitations of Yoga.
4. Yoni Mudra – Benefits.
5. Smarana Shakthi Vikasaka.
6. Physiological Effect of Manonmaya Kosha.
7. Constipation yogic Management.
8. Kriya effect in Sinusitis.
9. Vegan Diet in Relation with Yogic diet.
10. Therapeutic Yoga.
