

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.
