

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.