

**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.

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