

[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.

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