**Total no. of Pages:**

**2**

**Register Number: 6323**

**Name of the Candidate:**

M.Sc. Degree EXAMINATION, 2012

**(Yoga Lateral Entry)**

(Second year)

(PAPER-vII)

**231. yoga therapy**

Dec.) (Time: 3 Hours

Maximum: 75 Marks

**Section-A**

 ***Answer all questions* (10×2=20)**

***All questions carry equal marks***

1. Define yoga therapy
2. Explain Neti.
3. What is chakra
4. What is Basti
5. Define Prayer
6. What is Mantra?
7. What is Anacmia
8. What is Kundalini sakthi
9. Define naturopathy
10. What are the Niyamas.

**Section-B**

 ***Answer any five questions* (5×5=25)**

***All questions carry equal marks***

1. Explain the different types of yogic diet.
2. Explain Sanskar Re- engineering.
3. Describe the diabetes and its types
4. Explain the scope of yoga.
5. Describe the different types of joints
6. What is Kniya? Explain the benefits of knlyas.
7. Explain the powers of mind.
8. What is Heart disease explain the yoga therapy for heart disease.

**Section-C**

 ***Answer any three questions* (3×10=30)**

***All questions carry equal marks***

1. Explain the role of yoga and Ayurveda for Chromic complaints.
2. Explain the difference between yoga therapy and exercise therapy.
3. Describe the pancha koshas.
4. Describe the role of yoga therapy in mental health.
5. Write a short notes on
6. Music suppression Vs sublimation
7. Different states of mind.

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