

Reg. No. :

Code No. : 8227

**Sub. Code : MYNT 4/
PDYN 4**

M.Sc. DEGREE/P.G. DIPLOMA EXAMINATION,
NOVEMBER 2013.

First Year — Non-Semester

Yoga and Naturopathy (DD & CE)

Paper IV — YOGA THERAPY

(For those who joined in July 2008-09 onwards)

Time : Three hours

Maximum : 100 marks

PART A — (5 × 5 = 25 marks)

Answer any FIVE questions out of Eight.

1. Explain bakthi yoga.
2. Yoga is a disciplined way of life – Describe.
3. Write a history of two great sages in yoga.
4. What are the experiences of meditation?
5. Explain the benefits of asana.

6. What are the Pranic therapies for various diseases?
7. Describe the yogic management of obesity.
8. Explain the therapeutic management for constipation and diarrhea.

PART B — (5 × 15 = 75 marks)

Answer any FIVE questions out of Eight.

9. Explain different types of meditation and its effects.
10. Ideal practice of yoga in the new millennium – Describe.
11. What is misconception, explain the main causes for misconception?
12. How yoga therapy should commence yoga bhisak or doctor of yoga?
13. Explain the selected yogic practice for the presentation of back pain.
14. How to control T.B. and Malayria through yoga?

15. What is spondylolisthesis of the lumbar spine, give an account of yoga?
 16. Describe yoga for women.
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