



[Time: 3 Hours]

[Max. Marks : 80]

YOGIC THERAPY

QP Code: 2521

Your answers should be specific to the questions asked.

Draw neat, labeled diagrams wherever necessary.

LONG ESSAY (Answer any five of the following)

5 X 10 = 50 Marks

1. Explain in detail about basic principles of yogic therapy.
2. How to control migraine with yogic therapy? Explain in detail.
3. Explain the hormonal relationship between body, mind and soul. How it can be improved by yogic practices?
4. What is Diabetes Mellitus? Explain its management through yogic therapy.
5. What is mental retardation? How can you treat a patient of mental retardation by yogic therapy?
6. How one can do research in yoga? Explain.

SHORT ESSAY (Answer any five of the following)

5 X 6 = 30 Marks

7. Yogic teaching methods to patients and public
8. Neurophysiology of pranayama
9. Refractive errors and yoga
10. Yogic management of menstrual disorders
11. How yoga can manage stress disorders?
12. Pranic healing

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