



Answer All The Questions

10 X 10 = 100 Marks

1. Describe the physiological effects of meditation. Add a note of neurophysiological effects of Kriyas.
2. Explain the principles and practice of traditional yoga technique and derived techniques from yoga school based on the description from the ancient texts.
3. The concepts of health and disease according to Bhagavad-Gita and Hata yoga.
4. Explain the relationship between yoga, health and spirituality.
5. Functions of hypothalamus.
6. Explain disease specific yoga modules on Diabetes mellitus.
7. Explain the methods and physiological effects of yoga Nidra.
8. Explain yoga as effective therapy for different socio economic population.
9. Concepts of health according to yoga.
10. Different types of Breathing exercises and its effect on Health.

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