



LONG ESSAYS

1. Explain Pancha Kosha theory as a basic principles of yoga therapy.
2. What is Bronchial asthma? Explain in detail its management through yoga therapy.

SHORT ESSAYS

10 X 5 = 50 Marks

3. Yogic therapy for rheumatoid arthritis
4. Deep relaxation techniques
5. Yogic management of DUB
6. Effect of asanas on nervous system
7. Yogic management of headache
8. Yogic management of lumbago
9. Yogic management of cervical spondylosis
10. Yogic diet and heart
11. Tranquilizing the mind through yoga
12. Pranic energisation technique

Multiple Choice Questions

10 X 1 = 10 Marks

13. The disorder of heart lungs arise due to deterioration of
 - a) Prana
 - b) Apana
 - c) Udana
 - d) Vyana
14. Patient of cervical spondylosis should not perform which type of asana?
 - a) Backward
 - b) Forward
 - c) Left bending
 - d) Right bending
15. By regular practice of in which asana digestive fire is stimulated?
 - a) Mandukasana
 - b) Garudasana
 - c) Mayurasana
 - d) Matsyasana
16. Which Pranayama is useful for patient of Hypothyroidism?
 - a) Ujjai
 - b) Sheethali
 - c) Sheethkari
 - d) Bhastrika





19. Hereditary diseases are ----- type of vyadhi
- Samanya
 - Sara
 - Anadhijaha
 - Adhijaha
20. Types of mudras in numbers in Hatha yoga
- Eight
 - Nine
 - Ten
 - Sixteen
21. Which of these Kriya is recommended immediately after the practice of Jalaneti?
- Trataka
 - Kapalbhati
 - Nauli
 - Basti
22. Rasa is the tanmatra of
- Earth
 - Water
 - Fire
 - Air

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