



1. Explain the basic principles of yoga therapy.
2. Explain the different teaching methods in yoga and also add a note on teaching aids.

**SHORT ESSAYS**

**10 X 5 = 50 Marks**

3. Define stress, its causes and management through yoga.
4. Effect of asana on muscular system.
5. Effect of yoga on central nervous system.
6. Mental retardation and yoga.
7. Relevance of cyclic meditation as a therapy.
8. Write the management of back pain through yoga.
9. Therapeutic values of Trataka.
10. Explain yogic practices advised in different Trimesters of pregnancy.
11. Importance of yama and niyama in maintaining health.
12. Pranic healing.

**Multiple Choice Questions**

**10 X 1 = 10 Marks**

13. Sara type of vyadhi has to be handled at the level of:
  - a) Physical level
  - b) Mental level
  - c) Spiritual level
  - d) Emotional level
14. Which is the type of sahabuvaha in the following:
  - a) Dwesha
  - b) Alabda bhoomikatva
  - c) Angamejayatva
  - d) Raga
15. Hot flashes, disturbed sleep and emotional changes are the characteristic features of :
  - a) Pre-menstrual syndrome
  - b) Menopausal syndrome
  - c) Metabolic syndrome
  - d) Nephrotic syndrome
16. For a small yoga class best sitting arrangement of the students may be:
  - a) Straight row
  - b) Circular form
  - c) Semi circle form
  - d) Double circle form



18. Cerebrum is located in which part of brain:

- a) Cerebrum
- b) Cerebellum
- c) Hypothalamus
- d) Medulla Oblongata

FirstRanker's choice

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19. Which one of the following is not included in 10 principal nadis:

- a) Alambusha
- b) Kuhu
- c) Korma
- d) Shankhini

20. According to Gheranda Samhita, the types of Danta Dhautii are:

- a) Three
- b) Four
- c) Five
- d) Six

21. Which of the following is not a type of Pranayama:

- a) Bahyavritti
- b) Stambhavritti
- c) Manovritti
- d) abhyantaravritti

22. Reconditioning of the neuro-muscular and glandular system to:

- a) cope with the stressful situation
- b) purify the nadis
- c) regain the adequate immunity
- d) none of the above

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