

**KALOJI NARAYANA RAO UNIVERSITY OF HEALTH SCIENCES
WARANGAL, TELANGANA– 506 002**

**B.N.Y.S THIRD YEAR PART–II DEGREE SUPPLEMENTARY EXAMINATIONS:
JANUARY 2026**

YOGA THERAPY

Time: 3 Hours.

Max Marks: 80

Note: Answer all the questions. Answer part A & B in separate answer books. Answers for Part A. Written in part B and vice-versa not be valued.
Draw Diagrams wherever necessary.

PART-A (40 MARKS)

Write an essay on the following:

1 X10 = 10

1. Explain Yoga Therapy for Cardiovascular Diseases

Write short notes on the following:

5 X5 = 25

2. Walking- benefits.
3. Role of Shadkriyas in curing digestive disorders.
4. Effect of Yoga on Respiratory system.
5. Teaching methods of Yoga to Public.
6. Yoga therapy for Lumbar Spondylosis.

Write briefly on the following:

5 X 1 = 5

7. Contraindications of Paschimottanasana.
8. Padmasana- benefits.
9. IRT (Instant relaxation techniques) – Indications.
10. Pranayama for Rhinitis.
11. Yogic Diet.

PART-B (40 MARKS)

Write an essay on the following:

1 X 10 = 10

12. Explain Yoga Therapy for Rheumatoid Arthritis.

Write short notes on the following:

5 X 5 = 25

13. Recent research in yoga therapy.
14. Yoga for post-natal care.
15. Cyclic Meditation.
16. Yoga-nidra- procedure & effects.
17. Role of Meditation in treating Psychosomatic Disorders.

Write briefly on the following:

5 X 1 = 5

18. Indications of Jalaneti
19. Benefits of Kunjal Kriya.
20. Jalandhara bandha- Indications.
21. Indications of Naukasana.
22. Triguna Based Diagnosis.
