

PAPER CODE: BN637 A&B

KALOJI NARAYANA RAO UNIVERSITY OF HEALTH SCIENCES
WARANGAL, TELANGANA STATE – 506 002
THIRD BNYS PART- II DEGREE EXAMINATIONS: SEPTEMBER 2025
YOGA THERAPY

Time: 3 Hours

Max Marks: 80

Note: Answer all questions.

Answer part – A & B in separate answer booklets. Answer In part-A should not be answered in part-B or vice versa. Otherwise they will not be valued. Draw Diagrams wherever necessary.

PART – A (40 Marks)

Write an essay on the following:

1 X 10 = 10

1. Describe the causes, effects & control of stress.

Write a short note on the following:

5 X 5 = 25

2. Explain the role of yoga on endocrine system.
3. Therapeutic value of Trataka.
4. Pregnancy and yoga.
5. Tranquilizing the mind through yoga.
6. Explain role of bare foot walking in curing diseases.

Write briefly on the following:

5 X 1 = 5

7. Benefits of Trataka.
8. Yoga therapy of CVS.
9. Write about chakra based diagnosis.
10. Vrikshasana Indication and contra-indication.
11. Benefits of Moolabandha.

PART – B (40 Marks)

Write an essay on the following:

1 X 10 = 10

12. Explain the different teaching methods in yoga and also add note on teaching aids.

Write a short note on the following:

5 X 5 = 25

13. Yoga nidra.
14. Transcendental meditation & its benefits with research evidence.
15. What are Satvik diet. Give diet chart for Gut arthritis.
16. Geriatric yoga.
17. Effect of yoga on GI system.

Write briefly on the following:

5 X 1 = 5

18. What are Kleshas?
19. What are Ashtanga yoga?
20. QRT and DRT.
21. Contraindication of Kapalabhati.
22. Indication of Vajrasana.
