

**SWAMI VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA
(S-VYASA)**

(declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)
FINAL EXAMINATION

PGDYT T 102 – Yoga Therapy Principles & Application

Date : 25-May-2011

Time : 3Hr

Max Marks: 100

Note: 5 Marks for Neatness

I. Long Notes [Answer All]

10X5 = 50

1. Explain the Origin of Vyadhi.
2. Prasava and Pratiprasava.
3. Asanas and its therapeutic benefits.
4. Pranayama and its types.
5. Prana and its divisions.

II. Short Notes [Answer All]

6X5 = 30

1. Kriyas
2. Adhija Vyadhi
3. Anadhija Vyadhi
4. Yoga Vasistha
5. Ajeernatwam
6. Atijeernatwam

III. Short Notes [Answer Any 3]

3X5 = 15

1. Taittiriya Upanishad.
2. Pancha Kosha Viveka.
3. IAYT.
4. Vijnanamaya Kosha.

***** Wish You All the Best *****