

# SWAMI VIVEKĀNANDA YOGA ANUSANDHĀNA SAMSTHĀNA

स्वामी - विवेकानन्द - योगानुसन्धान - संस्थानम्

A University, established under Section 3 of the UGC Act, 1956  
(Eknath Bhavan, # 19, Gavipuram Circle, Kempegowda Nagar, Bangalore 560 019, India)

MST T 101 & 102 Integrated Approach of Yoga Therapy

*Maintain a beautiful smile on the face throughout the Examination*

DATE: 27 .05.2012

Time: 3 Hours

Max. Marks: 100

**I. Answer ANY FOUR of the following: 4 x 10 = 40 Marks**

- Explain Hypertension and Coronary Artery Disease and its Yogic Management.
- Explain Gastritis and Irritable Bowel Syndrome and its Yogic Management.
- Explain Arthritis and its Yogic Management
- Explain Back Pain and its Yogic Management.
- Explain Obesity and its Yogic Management.

**II. Write Short Notes: 5 x 6 = 30 Marks**

- Anxiety
- Depression.
- Risk factors of obesity
- Auto immunity.
- Cervical Spondylosis

**III. Write Short Notes 6 x 5 = 30 Marks**

- Explain the role of Kriyas in asthma
- Nasal allergy.
- Role of Kriyas in IBS and Gastritis
- Headache
- Sukshma Vyayama
- Special techniques for Acute Back pain.