

**M. D. (SWASTHAVRITTA) (2017 – COURSE) : SUMMER – 2020**  
**SUBJECT : SWASTHAVRITTA**  
**PAPER – IV : YOGA AND NISARGOPACHARA**

Day : **Tuesday**  
Date : **22-09-2020**

Time : **2:00 P.M. TO 5:00 P.M.**  
Max. Marks : 100

**S-2020-18024**

**N. B. :**

- 1) All questions are **COMPULSORY**.
- 2) Figures to the right indicate **FULL** marks.
- 3) Draw neat and labelled diagrams **WHEREVER** necessary.

**Long Answer Questions: (Any Three out of Four) (3 × 20 = 60 Marks)**

- Q. 1** Describe effects of Yoga on Body and Mind in detail and Concept of diseases according to Integrated Approach of Yoga Therapy (IAYT).
- Q. 2** Describe Basic Principles of Naturopathy and types of Hydro Therapy.
- Q. 3** Describe Concept of Panchakoshas in detail.
- Q. 4** Describe Shatkriyas and its therapeutic interventions with suitable examples.

**Short Answer Questions: (Any Two out of Three) (2 × 10 = 20 Marks)**

- Q. 5** Describe Types of Massage.
- Q. 6** Describe Concept of Shat Chakras and its therapeutic interventions with suitable examples.
- Q. 7** Describe physiological effect of Ashtang Yoga on Body and Mind.

**Write short notes: (Any Four out of Five) (4 × 5 = 20 Marks)**

- Q. 8** Satyabuddhi
- Q. 9** Yogic practices in Obesity
- Q.10** Mukta Atmalaxana
- Q.11** Suryanamaskara and Health
- Q.12** Chromotherapy

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