

2020

Time : As in Programme

Full Marks : 75

*Answer from **both** the Sections as directed. The figures in the right-hand margin indicate marks.*

Section - A

Answer any **three** questions of the following : 15×3

1. What is Yoga therapy? Psycho-somatic diseases could be managed easily through Yoga. Discuss.
2. Discuss about the different types of Hydrotherapy applied in Naturopathy.
3. What is Moxibustion? Write down the methods, precautions and contraindications of it.
4. Write an essay on Pranayam.

(2)

Section - B

5. Write short notes on any **three** of the following : 10×3

(a) Astanga Yoga

(b) Chakras

(c) Sun bath

(d) Fasting

(e) Distal point