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.

Section - B

5. Write short shotes on any three of the following:

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- (a) Astanga Yoga
- (b) Chakras
- (c) Sun bath
- (d) Fasting
- (e) Distal point