

2024

Full Marks - 75

Time - As in the Programme

The figure in the right hand margin indicates marks.

Answer ALL questions.

Section – A

Answer any THREE : [15 x 3 = 45]

1. An essay on Pranayama with their effects.
2. Essay on Asanas involving abdominal group of muscles.
3. Describe acupuncture points and meridians.
4. Naturopathic way of living.

Section – B

Answer any FOUR : [10 x 3 = 30]

1. Benefits of Surya Namaskar.
2. Mud Therapy.
3. Astanga Yoga.
4. Acupressure for Pain.

