

ABHINAV BINDRA SPORTS MEDICINE AND RESEARCH INSTITUTE

BPT 5 TH SEMESTER 2nd INTERNAL EXAM

Alternative Medicine

DATE: 27/2/24

TOTAL MARKS - 50

ANSWER ALL QUESTION

LONG QUESTIONS (15*2)

1. Explain Ashtanga yoga, and how it is helpful to develop peace and harmony in an individual.
2. Describe the procedure, benefits, and precautions of Surya Namaskar.
3. Explain the 5 element theory

Short Question (5*4)

1. Chakras
2. Musculoskeletal system & yoga
3. Yoga Nidra
4. Asana versus Pranayama
5. Acupressure