

2025

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.

[P.T.O.]

[2]

2. Mud Theraphy.
3. Astanga Yoga.
4. Acupressure for Pain.



V - S - BPT - (Alternative Medicine) - (Back)