

(4)

Unit-IV / FkæF-IV 10

8. Write the importance of meditation in Yoga therapy.

Ùeeie efleekæalmee cællWÙeeve keæ cenIJe keæes efleekæeS-

9. Write the yogic management of stress.

IeveeJe keæe Ùeeemfkeææ GeyevOeve efleekæeS-

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Roll No. _____

SFA-4163

P.G. Diploma in Naturopathic Science &
Yoga (Semester-II) Examination, 2015

Paper-V

(Yoga Therapy)

Time Allowed : Three Hours] [Maximum Marks : 70

Note : Answer five questions in all. Question No. 1
is compulsory. One question is to be at-
tempted from each Unit.

keæue heeÙe ðelMveellkeææ Gøej eeæpeS- ðelMve meb1 DeæveJeeÙe&nw

ðelÙeeææ FkææF&mes Skeæ ðelMve keææpeS-

1. Write short answers of the following:

efrecveeÙeeekæe keæ meb#hle Gøej efleekæeS- 3 × 10 = 30

(a) Meaning of Yoga therapy.

Ùeeie efleekæalmee keæe DeLeæ

(b) Therapeutic use of vasti kriya.

JeefnIe efææÙee keæe efleekæalmeeææÙee GheÙeeie-

