

# TILAK MAHARASHTRAVIDYAPEETH, PUNE

## M.A. YOGA

EXAMINATION : APRIL-MAY- 2026

FOURTH SEMESTER

Sub. : Applications of Yoga (MA24N -401TH)

Date: 23/04/2026

Total marks: 60

Time: 2.00 pm to 4.30 pm

### Instructions:

- 1) All questions are compulsory.
- 2) Figures to the right indicate full marks.

### Q. 1. Multiple choice questions

(10)

1. In hyperthyroidism practice of \_\_\_\_\_ is helpful.  
a) Simhamudra  
b) Vamana  
c) Jalneti  
d) Omkar chanting
2. Type 1 Diabetes is also known as \_\_\_\_\_.  
a) Juvenile diabetes  
b) Gestational diabetes  
c) Both a and b  
d) None of the above
3. Location of Vishuddha chakra is \_\_\_\_\_.  
a) Navel  
b) Throat  
c) Between eyebrows  
d) Heart
4. Paralysis of one side of the body is known as \_\_\_\_\_.  
a) Monoplegia  
b) ) Paraplegia  
c) Hemiplegia  
d) Quadriplegia
5. BMI>30 is referred to as \_\_\_\_\_.  
a) Obesity  
b) Over weight  
c) Malnourished  
d) All the above
6. Swan neck deformity is seen in \_\_\_\_\_.  
a) Osteoarthritis  
b) Gouty Arthritis  
c) Rheumatoid Arthritis  
d) None of the above
7. IBS symptoms are aggravated mainly by \_\_\_\_\_.  
a) Parasympathetic dominance  
b) Stress and anxiety  
c) Deep breathing  
d) Relaxation techniques
8. \_\_\_\_\_ practice is useful in back pain  
a) Sudden forward bending  
b) Bhujangasana  
c) Long standing without support  
d) Heavy weight lifting
9. Trataka is beneficial for \_\_\_\_\_.  
a) Hearing disorders  
b) Eye strain  
c) Kidney disorders  
d) ) Liver diseases

10. Yoga regulates menstrual disorders by acting on \_\_\_\_\_
- a) Musculoskeletal system only      b) Hypothalamic–pituitary–ovarian axis  
c) Digestive enzymes      d) Renal circulation

**Q. 2. Write the answers in short (Any Four)**

**(20)**

- 1) Yoga therapy for Bronchial Asthma.
- 2) Yoga therapy for Migraine.
- 3) Yoga therapy for PCOD.
- 4) What is Obesity? Design a yoga therapy for Obese person caused due to mental disturbance.
- 5) Yoga therapy for Dysmenorrhoea.
- 6) Yoga therapy for Hemiplegic patient.

**Q. 3. Write the answers in brief (any two)**

**(30)**

- 1) Discuss the role of stress in complications of pregnancy and explain how prenatal Yoga helps in maternal and fetal well-being.
- 2) Explain the role of Yoga in osteoarthritis and rheumatoid arthritis.
- 3) Describe the role of Yoga in the management of Type 2 Diabetes Mellitus.

**मराठी रूपांतर**

**सूचना :** १. सर्व प्रश्न सोडविणे आवश्यक आहे.  
२. उजवीकडील अंक त्या प्रश्नांचे गुण दर्शवितात.

**प्र.१. योग्य पर्याय निवडा.**

**(१०)**

१. हायपर थायरॉइडिझममध्ये ----- चा अभ्यास उपयुक्त आहे.  
अ) सिंहमुद्रा      ब) वमन  
क) जलनेती      ड) ओंकार जप
२. टाइप १ मधुमेह याला ----- असेही म्हणतात.  
अ) जुवेनाइल मधुमेह      ब) जेस्टेशनल मधुमेह  
क) (अ) आणि (ब) दोन्ही      ड) यापैकी नाही
३. विशुद्ध चक्राचे स्थान ----- आहे.  
अ) नाभी      ब) घसा (Throat)  
क) भ्रू मध्ये      ड) हृदय
४. शरीराच्या एका बाजूचा पक्षाघात ----- म्हणून ओळखला जातो.  
अ) मोनोप्लेजिया      ब) पॅराप्लेजिया  
क) हेमीप्लेजिया      ड) क्वाड्रिप्लेजिया
५. BMI>30 याला ----- असे म्हणतात.  
अ) ओबेसिटी      ब) ओवर वेइट (Over weight)  
क) मॉल नरिण्ड      ड) वरील सर्व
६. Swan neck deformity ----- मध्ये दिसून येते.

