

SWAMI VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA
(S-VYASA)

(declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)
FINAL EXAMINATION

MDY T 501 Mind Body Medicine

Date : 22-May-2011

Time : 2Hr

Max Marks: 50

Note:

- Answer ANY 4 from Q.No 1.
- Answer ANY 3 full questions. From Q.No 2 - 5.

1

1. Does mind have an effect on the function of the body? Explain briefly. 5x4=20
2. What are the goals of MBM (as given by Jordon) ?
3. Explain the role of GABA in Yogic Homeostasis?
4. List Health Conditions in which Yoga may help heal or treat? List any 2 yoga postures and 2 asanas, giving their benefits from MBM standpoint.
5. List at least six monitoring devices with their measurement methods (briefly) used in MBM.

2

1. Explain the Principles of Mind Body Medicine. 2x5=10
2. Write short notes on health through MBM

3

1. Give an overview of Psychoneuroimmunology (PNI)? 2x5=10
2. What is the physiological basis of stress and its effects on the MB complex?

4

1. Write short notes on future of MBM? 2x5=10
2. Take any one area /problem of your interest and show how yoga is applied for treating the same.

5

1. Explain the western and Eastern psychology based on yoga ? 2x5=10
2. Who can benefit from MBM. How to make the treatment effective.

***** Wish You All the Best *****