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. Does mind have an effect on the function of the body? Explain briefly.
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.
2. Write short notes on health through MBM

3
1. Give an overview of Psychoneuroimmunology (PNI)?
2. What is the physiological basis of stress and its effects on the MB complex?

4
1. Write short notes on future of MBM?
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?
2. Who can benefit from MBM. How to make the treatment effective.

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