**Total no. of Pages:**

**2**

**Register Number: 6324**

**Name of the Candidate:**

M.Sc. Degree EXAMINATION, 2012

**(Yoga Lateal entry)**

(Second year)

(PAPER-VIII)

**241. yoga and naturopathy**

Dec.) (Time: 3 Hours

Maximum: 75 Marks

**Section-A**

***Answer all questions* (10×2=20)**

***All questions carry equal marks***

1. Define Naturopathy
2. What is Health
3. Define Ayurveda
4. Explain the concept of Natural diet
5. What is IFT?
6. Define Fasting
7. What is Hot treatment
8. What is Electro therapy
9. Define yoga
10. Explain Diathermy

**Section-B**

***Answer any five questions* (5×5=25)**

***All questions carry equal marks***

1. Explain the general rules of naturopathy.
2. Explain the concept of ayurveda.
3. Write about kuhne is friction sitiz bath
4. Describe Hot immersion Bath.
5. Describe the yogic management for Back pain
6. Explain the ultrasonic therapy.
7. Explain the various types of massage.
8. What are the main Aims and objectives of yoga?

**Section-C**

***Answer any three questions* (3×10=30)**

***All questions carry equal marks***

1. Explain the principles of Naturopathy
2. Explain the cold and Hot treatment for various elements.
3. Explain the health principles and yogic principles for healthy living.
4. Explain the various types of diet.
5. Write a short notes on
6. Stream Bath
7. Mud Bath
8. Benefit of massage

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