

MAY 2011

U/ID 14826/UCAD

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Time : Three hours

Maximum : 100 marks

PART A — (10 × 2 = 20 marks)

Answer ALL questions.

All questions carry equal marks.

Each answer should not exceed 50 words.

1. Yoga Therapy.
2. Yoga.
3. Diet.
4. Obesity.
5. Stress.
6. Asthma.
7. Arthritis.
8. Insomnia.
9. Homeopathy.
10. Modern medicine.

PART B — (5 × 6 = 30 marks)

Answer ALL questions.

All questions carry equal marks.

Each answer should not exceed 250 words.

11. (a) What are the limitations of yoga therapy?

Or

(b) What is the need for correct diagnosis of diseases?

12. (a) Explain the benefits of nutrients.

Or

(b) List down the principles of yogic diet.

13. (a) What are the causes and symptoms of stress?

Or

(b) What are the signs and symptoms of Bronchitis?

14. (a) What are the signs and symptoms of obesity?

Or

(b) List down the yogic treatment for migraine headache.

15. (a) Explain the yogic concept in Siddha system.

Or

(b) Explain the yogic concept in Ayurveda system.

PART C — (5 × 10 = 50 marks)

Answer ALL questions.

All questions carry equal marks.

Each answer should not exceed 500 words.

16. (a) Describe the yogic concept of human body.

Or

(b) Describe the present status of yoga therapy in India.

17. (a) Describe balanced diet.

Or

(b) Describe yogic diet.

18. (a) Describe the principles of yogic therapy in stress disorders.

Or

(b) Describe the yogic treatment for Hypertension.

19. (a) Describe the yogic treatment for diabetes.

Or

(b) Describe the yogic treatment for constipation.

20. (a) Describe the issues and problems in yoga therapeutics.

Or

(b) What are the research findings available on therapeutic applications of yoga?

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