

MAY 2013

U/ID 14826/UCAD

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.

Define/ Explain :

1. Yoga therapy.
2. Digestion.
3. Balanced diet.
4. Carbohydrate.
5. Fat.
6. Vitamin.
7. Sattvik-food.
8. Obesity.
9. Stress
10. Asthma.

PART B — (5 × 6 = 30 marks)

Answer ALL questions.

All questions carry equal marks.

Each answer should not exceed 250 words.

11. (a) Explain yogic concept of human body.
Or
(b) Explain follow-up measures in yoga therapy.
12. (a) Describe diet and nutrition.
Or
(b) Explain the role of carbohydrates.
13. (a) Describe yoga therapy for stress disorder.
Or
(b) Explain the clinical features of bronchitis.
14. (a) Explain the sign and symptoms of ulcer.
Or
(b) Describe about heart disease in detail.
15. (a) Explain the concept of naturopathy in yoga therapy.
Or
(b) Explain in detail about homeopathy.

PART C — (5 × 10 = 50 marks)

Answer ALL questions.

All questions carry equal marks.

Each answer should not exceed 500 words.

16. (a) Discuss about yoga therapy as an alternate remedy for patients.

Or

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

17. (a) Explain yogic method of diet and nutrition for obesity.

Or

- (b) Describe about yogic food for therapeutic purposes.

18. (a) Describe role of yoga therapy for hypertension.

Or

- (b) Explain the causes and treatment for bronchial asthma.

19. (a) Explain the sign and symptoms of diabetes.

Or

- (b) Describe the sign and symptoms of stress disorders.

20. (a) Explain the issues and problems in yoga therapy.

Or

(b) Describe the role of naturopathy and yoga therapy.
