

OCTOBER 2012

U/ID 14827/UCAE

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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. Philosophy.
2. Mud bath.
3. Savasana.
4. Padmasana.
5. Diet.
6. Herbal treatment.
7. Massage.
8. Reflexology.
9. Rajastic.
10. Naturopathy.

PART B — (5 × 6 = 30 marks)

Answer ALL the questions.

All the questions carry equal marks.

Each answer should not exceed 250 words.

11. (a) Explain the about yoga practice in India.

Or

- (b) Describe the concept of naturopathy.

12. (a) Explain the philosophy of yoga.

Or

(b) Describe the importance of naturopathy.

13. (a) Describe the Techniques of utkatasana.

Or

(b) Describe the Techniques of sirsasana.

14. (a) Explain the limitation in yogic diet.

Or

(b) Describe the role of nutrients.

15. (a) Explain the benefits of Acupressure.

Or

(b) Describe the effects of magneto therapy.

PART C — (5 × 10 = 50 marks)

Answer ALL the questions.

All the questions carry equal marks.

Each answer should not exceed 500 words.

16. (a) Describe the need and scope of yoga practices in India.

Or

(b) Describe the aims and objectives of naturopathy.

17. (a) Describe the internal and external values of yoga practice.

Or

(b) Explain the role of naturopathy treatment in day today life.

18. (a) Describe the Techniques of Dhanurasana and Halasana.

Or

(b) Describe the Techniques of uthanapadasana and navasana.

19. (a) Explain the classification of food.

Or

(b) Describe the nutritional values.

20. (a) Explain the types of magneto therapy.

Or

(b) Explain the advantages in various therapies.

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