

MAY 2011

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. Define yoga
2. Naturopathy
3. Padmasana
4. Athma
5. Satvick diet
6. Acupressure
7. Asana
8. Hatha yoga
9. Pavana mukthasana
10. Yoga therapy

PART B — (5 × 6 = 30 marks)

Answer ALL questions.

All questions carry equal marks.

Each answer should not exceed 250 words.

11. (a) Explain the concept of yoga.

Or

(b) Discuss the scope of yoga.

12. (a) Describe the relationship with yoga and naturopathy.

Or

(b) State the importance of naturopathy.

13. (a) Explain any two asana and its Benefits.

Or

(b) State the principles of naturopathy.

14. (a) Explain any two naturopathy technique.

Or

(b) Describe cultural asanas.

15. (a) Write a short note on :
- (i) Padahastahasana.
  - (ii) Dhanurasana.

Or

- (b) (i) Savasana.  
(ii) Salabhasana.

PART C — (5 × 10 = 50 marks)

Answer ALL questions.

All questions carry equal marks.

Each answer should not exceed 500 words.

16. (a) What is yoga? Explain the aims and objectives of yoga.

Or

- (b) Describe Janna yoga.

17. (a) Describe the role of yoga in modern life.

Or

- (b) Explain the importance of diet for healthy life.

18. (a) State the benefits of Acupressure.

Or

(b) Explain the application of magneto therapy.

19. (a) Explain the guidelines and general precautions for magneto therapy.

Or

(b) Explain the guidelines and general precautions for acupressure.

20. (a) Describe the principles of yoga and naturopathy.

Or

(b) Yoga means "simple living with high thinking" Discuss.

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