

MAY 2013

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.

Define / Explain.

1. Yoga.
2. Naturopathy.
3. Environment.
4. Acupressure.
5. Magneto therapy.
6. Mud bath.
7. Herbal treatment.
8. Massage.
9. Reflexology.
10. Chromotherapy.

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 scope of yoga practices in India.

Or

(b) Discuss the limitations of naturopathy.

12. (a) Explain the philosophy of yoga.

Or

(b) Describe need and importance of naturopathy.

13. (a) Describe the techniques of utkatasana.

Or

(b) Describe the techniques of sirsasana.

14. (a) Explain the scope for yoga practices.

Or

(b) Describe the advantages of naturopathy.

15. (a) Explain the importance of Acupressure.

Or

(b) Describe the philosophy of reflexology.

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 nature and scope of yoga practices.

Or

(b) Discuss your views on naturopathy.

17. (a) Describe the different schools of thought in yoga practice.

Or

(b) Explain the philosophy of massage.

18. (a) Describe the techniques and benefits of padmasana.

Or

(b) Describe the techniques and benefits of salabhasana.

19. (a) Explain yogic diet.

Or

(b) Describe the classification of food.

20. (a) Discuss about advantages and limitation of magneto therapy.

Or

(b) Explain the advantages and limitations of acupressure.

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