

OCTOBER 2011

U/ID 14827/UCAE

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. Cobra pose.
2. Padmasana.
3. Samkeya philosophy.
4. Naturopathy.
5. Om.
6. Counter pose.
7. Yoga sutra.
8. Accupressure.
9. Tamasic diet.
10. Corpse pose.

PART B — (5 × 6 = 30 marks)

Answer ALL questions.

All questions carry equal marks.

Each answer should not exceed 250 words

11. (a) Mention any three meditative asana with proper steps.

Or

- (b) Explain the principles of Naturopathy .

12. (a) Explain the aim of yoga.

Or

- (b) Describe the scope of yoga.

13. (a) Mention the therapeutic measures.

Or

- (b) State the various types of asanas.

14. (a) State the importance of food for healthy life.

Or

- (b) Explain the type of magneto therapy

15. (a) Explain the essentials of yoga diet.

Or

- (b) Describe “proper diet”.

PART C — (5 × 10 =50 marks)

Answer ALL questions.

All questions carry equal marks.

Each answer should not exceed 500 words

- 16) (a) What are the principles of yoga.
Or
(b) Explain the role of yoga and naturopathy in sustainable living.
- 17) (a) What are the benefit of asanas?
Or
(b) Explain the various types of asanas and its benefits.
- 18) (a) How the magneto therapy helps to overcome various ailments?
Or
(b) Explain any two asanas with counter posture and procedure.
- 19) (a) Describe any two yogic techniques.
Or
(b) Discuss about Pachimothasana and Pavanamukthasana.

20) (a) Describe the importance of yoga in day today life.

Or

(b) State the main contribution of yogic philosophy.
