

OCTOBER 2012

U/ID 14825/URAA

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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. Naturopathy.
2. Yogasana.
3. Over weight.
4. Heart attack.
5. Allergies.
6. Drugs.
7. Diabetes.
8. Agility.
9. Anxiety.
10. Tension.

PART B — (5 × 6 = 30 marks)

Answer ALL the questions.

All questions carry equal marks.

Each answer should not exceed 250 words.

11. (a) Describe the body composition.

Or

(b) Explain the benefits of yogasana.

12. (a) Describe about lack of physical fitness.

Or

(b) Describe the risk factors associated with coronary heart disease.

13. (a) Describe about the asthma.

Or

(b) Explain in detail the symptoms related with stress.

14. (a) Describe in detail about Type I Diabetes.

Or

(b) Describe the methods of developing muscular strength.

15. (a) Write the guidelines for reducing emotion.

Or

(b) Explain the role of naturopathy in reducing anxiety.

PART C — (5 × 10 = 50 marks)

Answer ALL the questions.

All questions carry equal marks.

Each answer should not exceed 500 words.

16. (a) Describe the benefits of naturopathy.

Or

(b) Describe the components of physical fitness.

17. (a) Explain the effect on Cardio respiratory system as a result of training.

Or

(b) Explain the methods of controlling over weight through yoga and naturopathy.

18. (a) Describe the therapeutic measures to control the hypertension.

Or

(b) Describe the role of pranayama on cardio respiratory system.

19. (a) Explain the health problems associated with inactivity.

Or

(b) Describe the Development of agility and co-ordination.

20. (a) What are guidelines for reducing emotion and tension.

Or

(b) Describe the problems associated with Cardiovascular disease.

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