

OCTOBER 2013

**U/ID 14825/URAA**

Time : Three hours

Maximum : 100 marks

PART A — (10 × 2 = 20 marks)

Answer ALL the questions.

All questions carry equal marks.

Each answer should not exceed 50 words.

Write short notes on:

1. The limbs of Yoga.
2. Pranayama.
3. Naturopathy.
4. Components of Physical Fitness.
5. Allergy.
6. Diabetes.
7. Co-ordination.
8. Muscular strength.
9. Anxiety.
10. Stress.

PART B — (5 × 6 = 30 marks)

Answer ALL the questions.

All questions carry equal marks.

Each answer should not exceed 250 words.

11. (a) Explain the importance of Naturopathy.  
Or  
(b) Explain the benefits of asanas.
12. (a) Explain about the methods of controlling overweight through yoga.  
Or  
(b) Explain the methods of controlling overweight through Naturopathy.
13. (a) Explain the symptoms related with stress.  
Or  
(b) Explain about hypertension.
14. (a) Explain the method of controlling Type I Diabetes through naturopathy.  
Or  
(b) What are the means and methods used to develop flexibility?

15. (a) How to develop balance?

Or

(b) Explain the health benefits of yogasana.

PART C — (5 × 10 = 50 marks)

Answer ALL the questions.

All questions carry equal marks.

Each answer should not exceed 500 words.

16. (a) Explain the benefits of physical fitness.

Or

(b) Explain the components of physical fitness.

17. (a) Explain the risk factors associated with coronary heart disease.

Or

(b) Explain the effect of training on circulatory system.

18. (a) Explain about the therapeutic measures of Obesity.

Or

(b) Explain about overweight and methods of controlling overweight.

19. (a) Explain the means and methods to control diabetes through naturopathy.

Or

- (b) Write in detail about development of flexibility.

20. (a) What are the guidelines for reducing emotion and stress?

Or

- (b) Explain the guidelines for reducing risk factors of cardio vascular diseases.
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