

**MAY 2011**

**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. Yoga.
2. Dharna and Dhyana – Define.
3. Define Naturopathy.
4. List down the Components of Physical Fitness.
5. Hypertension- Define.
6. Explain about Type II Diabetes.
7. Define co-ordination.
8. What is Muscular strength?
9. Explain briefly about emotion.
10. What is anxiety?

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 need of Naturopathy.  
Or  
(b) Explain the benefits of pranayama.
12. (a) Explain about the methods of controlling tension through yoga.  
Or  
(b) Explain the methods of controlling tension through naturopathy.
13. (a) Explain in detail about stress.  
Or  
(b) Explain the effect of asana on cardio vascular endurance.
14. (a) Explain role of naturopathy for diabetic patients.  
Or  
(b) What are the means and methods to develop agility?

15. (a) How to develop balance?

Or

(b) Explain about the benefits of yogasana.

PART C — (5 × 10 = 50 marks)

Answer ALL questions.

All questions carry equal marks.

Each answer should not exceed 500 words.

16. (a) Explain the benefits of naturopathy.

Or

(b) Explain the health related physical fitness.

17. (a) How to improve vascular system?

Or

(b) Explain the symptoms of stress and tension.

18. (a) Explain about the therapeutic measures for overweight.

Or

(b) Explain about the emotion and control of emotion.

19. (a) Explain the role of naturopathy to Type II diabetic patients.

Or

(b) Explain the method of developing muscular endurance.

20. (a) Present the guidelines for reducing overweight?

Or

(b) Explain the problems associated with stress.

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