

MAY 2013

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.

Define/ Explain :

1. Naturopathy
2. Asana
3. Over weight
4. Training
5. Allergies
6. Infection
7. Diabetes
8. Co-ordination
9. Anxiety
10. Stress

PART B — (5 × 6 = 30 marks)

Answer ALL questions.

All questions carry equal marks.

Each answer should not exceed 250 words.

11. (a) Describe the body composition.

Or

(b) Explain the importance of asanas.

12. (a) Describe the role of yoga on circulatory system

Or

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

13. (a) Explain asthma.

Or

(b) Explain the symptoms related with hypertension.

14. (a) Describe the methods of developing flexibility.

Or

(b) Describe the methods of developing muscular strength.

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

Or

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

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 benefits of naturopathy and yoga.

Or

(b) Describe health deficiency symptoms of physical fitness.

17. (a) Explain the effect of physical training on cardio respiratory system.

Or

(b) Explain the risk factors associated with Obesity.

18. (a) Describe the therapeutic measures to control bronchial asthma.

Or

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

19. (a) Explain in detail the role of yoga on Circulating System.

Or

(b) Describe the development of Muscular strength and balance.

20. (a) Discuss the guidelines for reducing emotion and tension.

Or

(b) Describe the problems associated with Diabetes.

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