

OCTOBER 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. Limbs of Yoga.
2. Meaning of Asana.
3. Define Naturopathy.
4. Define Physical Fitness.
5. Define Asthma.
6. Explain Diabetes.
7. Define Balance.
8. What is Co-ordination?
9. Meaning of Anxiety.
10. What is Stress?

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 benefits of Naturopathy.

Or

(b) Explain the importance 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 about hypertensional.

Or

(b) Explain the symptoms related with stress.

14. (a) Explain about the Type I Diabetes.

Or

(b) What are the means and methods to develop flexibility?

15. (a) How to develop muscular endurance?

Or

(b) Explain about the stress and tension relieving methods.

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 health deficiency symptoms of physical fitness.

Or

(b) Explain the components of physical fitness.

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

Or

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

18. (a) Explain about the bronchial asthma.

Or

(b) Explain about control of obesity.

19. (a) Explain the methods to control Type II diabetes through naturopathy.

Or

- (b) Development of cardio vascular endurance.

20. (a) Write the guidelines for reducing emotion and stress.

Or

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