

OCTOBER 2012

U/ID 14834/URAC

---

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 the following :

1. Naturopathy.
2. Yoga.
3. Asanas.
4. Pranayama.
5. Kriyas.
6. Mudras.
7. Neti.
8. Meditation.
9. Raja yoga.
10. Hatha yoga.

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 Mudrotherpay.

Or

- (b) Explain the concept of yogic practices.

12. (a) Explain uses of 'meditation' in detail.

Or

- (b) Explain the kinds of yoga in detail.

13. (a) Describe the classification of Asanas.

Or

- (b) Explain the types of Neti in detail.

14. (a) Explain the role of Naturopathy to enhance the psychological qualities to achieve higher level sports performance.

Or

- (b) Explain the methods of doing any two kriyas.

15. (a) Describe the types of Pranayana.

Or

- (b) Write down the principles of naturopathy.

PART C — (5 × 10 = 50 marks)

Answer ALL questions.

All questions carry equal marks.

Each answer should not exceed 500 words.

16. (a) Give an account of the need and importance of yoga and naturopathy.

Or

- (b) Write short note on :

(i) Altitude training practices

(ii) Safety measures and precautions.

17. (a) Explain the methods of doing asanas (any two) in prone lying position and supine position.

Or

- (b) Discuss in detail the principles of health related physical fitness.

18. (a) What are the Do's and Dont's in practicing yoga?

Or

(b) Explain the impact of modern equipment on yoga.

19. (a) Explain Naturopathy procedure and their effects on the body.

Or

(b) Explain the importance of pranayama in life.

20. (a) Explain uses of Mudras.

Or

(b) Explain the role of naturopathy in sports and games.

---