

OCTOBER 2013

U/ID 14829/URAB

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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. Define yoga.
2. Define naturopathy.
3. Define yoga therapy.
4. Define asana.
5. Define pranayama.
6. What are the shat kriyas?
7. What is meditation?
8. Define yogic diet.
9. What is yogic breathing?
10. What are the meditative asnas?

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 concept of naturopathy and yoga.

Or

- (b) Explain the present status of yoga therapy.

12. (a) Describe the role of yogic diet on sports performance.

Or

- (b) Describe the scope and limitation of asanas.

13. (a) Differentiate asanas and muscular exercise.

Or

- (b) Differentiate pranayama and breathing exercises.

14. (a) Explain the role of yoga in physical education.

Or

- (b) List out the limitation of asanas.

15. (a) Explain the principles of yoga.

Or

(b) Explain the principles of physical education.

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 physiological benefits of some of the basic asnas.

Or

(b) Describe the various types of asnas.

17. (a) Describe shat kriyas and its benefits.

Or

(b) Explain the need and importance of yoga and naturopathy in modern India.

18. (a) Explain the step by step performance of relaxative asnas.

Or

(b) Explain the importance of naturopathy in physiological system.

19. (a) How yoga enrich the qualities of sports person.

Or

(b) What are the guidelines recommended for healthy life?

20. (a) Describe the various kinds of pranayama and its uses.

Or

(b) Describe the meditation for mental health.

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