

MAY 2011

U/ID 14829/URAB

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 therapy.
2. Yogic diet.
3. Asana.
4. Kriya.
5. Pranayama.
6. Meditation.
7. Health.
8. Koshas.
9. Skill.
10. Relaxation.

PART B— (5 × 6 = 30 marks)

Answer ALL questions.

All questions carry equal marks.

Each answer should not exceed 250 words.

11. (a) Describe about yogic concept.
Or.
(b) Write the meaning of naturopathy and yoga.
12. (a) Write down the need of yoga and naturopathy in present condition.
Or
(b) Write down the performance of yoga and naturopathy.
13. (a) Explain about diet and yogic diet.
Or
(b) Write down the principles of naturopathy.
14. (a) Write the various classification of asanas.
Or
(b) Explain meditative asanas.
15. (a) What are the major benefits of breathing exercise?
Or
(b) Describe Pranayama and its types.

PART C— (5 × 10 = 50 marks)

Answer ALL questions.

All questions carry equal marks.

Each answer should not exceed 500 words.

16. (a) How yogic practices differ from other system of exercise?

Or

- (b) Differentiate asanas and muscular exercise.

17. (a) Discuss the scope of asanas.

Or

- (b) Write about the role of yogic diet on sports performance.

18. (a) What is Meditation? How to practice it?

Or

- (b) Explain the importance of naturopathy on physiological system.

19. (a) Explain the procedure for practicing any two kriyas.

Or

- (b) Explain the Breathing mechanism while practicing asanas and principles of doing Pranayama.

20. (a) Explain the physiological benefits of some of the basic sitting asanas.

Or

(b) Describe the physical, physiological and psychological performance factors of yoga and sports competitions.
