

MAY 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.

Define/Explain

1. Yoga.
2. Naturopathy.
3. Mudra.
4. Meditation.
5. Kriya.
6. Physical fitness.
7. Physiology.
8. Bandha.
9. Yogic diet.
10. Skill.

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 importance of yoga.

Or

(b) Explain the concept of naturopathy.

12. (a) Explain the scope of relaxative asanas.

Or

(b) Describe meditative asanas.

13. (a) Describe the different phases of pranayama.

Or

(b) Explain breathing exercise.

14. (a) Describe the role of meditation.

Or

(b) Describe the role of pranayama on sports performance.

15. (a) Describe health related physical fitness.

Or

(b) Explain the guidelines in practicing yoga.

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 role of naturopathy in sports field.

Or

(b) Explain the need and importance of naturopathy.

17. (a) Describe the need and importance of physical fitness

Or

(b) Explain the role of relaxative asanas on sports performance.

18. (a) Compare asana and exercise.

Or

(b) Explain the importance of Bandhas.

19. (a) Explain importance of pranayama for long distance runners.

Or

(b) Describe the yoga practices and its effect on Circulatory system.

20. (a) Describe the role of yoga in refining sports performance.

Or

(b) Describe the role of meditation.

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