

OCTOBER 2011

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 asana.
2. Yogic diet.
3. Yoga therapy.
4. Kriya.
5. Pranayama.
6. Naturopathy.
7. Meditation.
8. Physical education.
9. Health.
10. Pancha boothas.

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 development of naturopathy in India.

Or

- (b) Write about need and importance of yoga.

12. (a) Explain the importance of naturopathy on physiological system.

Or

- (b) State any two naturopathy system in detail.

13. (a) Write about proper diet.

Or

- (b) Explain the importance of basic skills for sports efficiency.

14. (a) Describe moola bandha and its process.

Or

- (b) Kapala pathi is "pranayama" or kriya - discuss.

15. (a) How yoga differ from other system of exercise?

Or

(b) How yoga help for sports and competition?

PART C — (5 × 10 = 50 marks)

Answer ALL questions

All questions carry equal marks

Each answer should not exceed 500 words.

16. (a) Write down the important sports carrier and the role of yoga to enrich the qualities of different sports.

Or

(b) Shat kriyas.

17. (a) What is bandha? Explain different kinds of bandhas.

Or

(b) How to practice meditation for better mental health?

18. (a) Briefly discuss the different types of asanas and its scope and limitation.

Or

(b) What are the physiological benefits of pranayama and explain the importance of pranayama in detail.

19. Write a short notes on :

- (a) (i) Maha bandha.
- (ii) Nauli.

Or

- (b) (i) Jalandhara bandha.
- (ii) Benefits of Uttyana bandha.

20. (a) Describe various types of breathing and how it differ from pranayama.

Or

- (b) Describe the ideal practice of yoga in modern life.
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