

OCTOBER 2013

U/ID 14831/UCAH

---

Time: Three hours

maximum: 100marks

PART A — (10 × 2 = 20 marks)

Answer ALL questions

All questions carry equal marks.

Each answer should not exceed 50 words.

Write short notes on :

1. Yoga Diet.
2. Yoga Centers.
3. Proteins.
4. Minerals.
5. Herbs.
6. Spinach.
7. Purpose of food.
8. Satvic food.
9. Natural Diet.
10. Nutrition.

PART B — (5 × 6 = 30 marks)

Answer ALL the questions.

All questions carry equal marks.

Each answer should not exceed 250 words.

11. (a) Explain the role of yogic diet.

Or

(b) Explain the need of yoga centers

12. (a) Explain the role of carbohydrates in yogic diet.

Or

(b) Describe the importance of vegetarian food.

13. (a) Describe the role of fruits in yogic diet.

Or

(b) Describe the natural sugar.

14. (a) Describe the effect of satvic food on human body.

Or

(b) Describe the effect of rajastic food on human body.

15. (a) Describe the constituents of food.

Or

(b) Explain the need of vegetables for human life.

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 importance of diet in our life.

Or

(b) Explain the selection of diet according to the age group.

17. (a) Describe the food preparation for health life.

Or

(b) Explain the role of proteins and minerals.

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

Or

(b) Explain the nature and role of tamasic food.

19. (a) Describe "food by gift of nature".

Or

(b) Describe the role of butter and ghee in yogic diet.

20. (a) Describe the need and importance of germination of pulses.

Or

(b) Explain the role of yogic diet for natural cure in detail.

---