

OCTOBER 2012

U/ID 14833/UCAK

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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. Physical Health.
2. Stress.
3. Emotion.
4. Non communicable Disease.
5. Public Health.
6. Hygiene.
7. Fitness.
8. Balance.
9. Flexibility.
10. Speed.

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 role of meditation for mental stress.

Or

- (b) Describe the concept of mental health.

12. (a) Write down the role of yoga in the cultivation of mental peace.

Or

- (b) Describe “positive mental health”.

13. (a) Describe the transmission of diseases through water.

Or

- (b) Describe the causes for any two diseases.

14. (a) Explain the factors influencing health education.

Or

- (b) Describe the causes of communicable diseases.

15. (a) Describe the types of endurance.

Or

(b) Describe the scope of physical health.

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 values of meditation.

Or

(b) Describe the meaning and scope of mental health.

17. (a) Explain the importance of yoga in the cultivation of mental peace.

Or

(b) Write down the role of yoga in the cultivation of emotional well being.

18. (a) Describe the different types of diseases.

Or

(b) Describe the causes and symptoms for typhoid.

19. (a) Describe the causes any two non communicable diseases.

Or

(b) Describe the health hazards in the society.

20. (a) Describe the scope and concepts of physical health in modern world.

Or

(b) Describe the body composition in detail.

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