

MAY 2013

U/ID 14833/UCAK

---

Time : Three hours

Maximum : 100 marks

PART A — (10 × 2 = 20 marks)

ALL questions are compulsory and carry equal marks.

Each answer should not exceed 50 words.

Define :

1. Health
2. Stress
3. Yoga
4. Hygiene
5. Emotion
6. Meditation
7. Communicable disease
8. Flexibility
9. Agility
10. Peace.

PART B — (5 × 6 = 30 marks)

ALL questions are compulsory and carry equal marks.

Each answer should not exceed 200 words.

11. (a) Define tension and explain the methods to reduce tension.

Or

- (b) Describe the benefits of meditation.

12. (a) Describe the importance of yoga.

Or

- (b) Explain “Positive mental Health”.

13. (a) Write short notes on Public health and sanitation.

Or

- (b) Explain the causes for diabetes and cancer.

14. (a) Describe the causes and prevention of Tuberculosis.

Or

- (b) Describe personal hygiene.

15. (a) Define endurance and explain any two methods to improve endurance.

Or

- (b) Explain body composition.

PART C — (5 × 10 = 50 marks)

ALL questions are compulsory and carry equal marks.

Each answer should not exceed 500 words.

16. (a) Describe different types of stress.

Or

- (b) Explain the concept of mental health.

17. (a) Explain “Yoga and mental peace”.

Or

- (b) Describe emotional well being.

18. (a) Explain the factors influencing health.

Or

- (b) Write short notes on Malaria and Cholera.

19. (a) Describe different types of disease.

Or

(b) Explain the mode of transmission of diseases.

20. (a) Differentiate health related physical fitness and performance related physical fitness with examples.

Or

(b) Explain the need and importance of physical fitness.

---