

OCTOBER 2013

U/ID 14832/UCAJ

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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.

Write short notes on :

1. Naturotherapy.
2. Bramacharya.
3. Health.
4. RHD.
5. Kumbamuni.
6. Kriyas.
7. Obesity.
8. Yogic diet.
9. Blood pressure.
10. Physiology.

PART B — (5 × 6 = 30 marks)

Answer ALL questions.

All questions carry equal marks.

Each answer should not exceed 250 words.

11. (a) Write down the benefits of water care.

Or

(b) Write down the benefits of air care.

12. (a) Explain the benefits of fruits.

Or

(b) Explain the importance of vegetables in diet.

13. (a) Write down the benefits of Tulsi.

Or

(b) Write down the benefits of wood apple.

14. (a) Explain colour care.

Or

(b) How to maintain good teeth? Explain.

15. (a) Write down the medicinal values of Ginger.

Or

(b) Write down the benefits of Sundaikai.

PART C — (5 × 10 = 50 marks)

Answer ALL questions.

All questions carry equal marks.

Each answer should not exceed 500 words.

16. (a) Explain the philosophy of Nature Care.

Or

(b) Role of Upanishads in Nature Care.

17. (a) “Prevention is better than cure” – Explain.

Or

(b) “Let thy food be thy medicine” – Explain.

18. (a) Write down the causes for obesity.

Or

(b) Explain the treatment for sunstroke.

19. (a) Write down the benefits of fasting and explain the method of breaking a fast.

Or

(b) Define sleep and explain the reasons for sleeplessness.

20. (a) Explain the benefits of Araikeerai and Tulsi.

Or

(b) Explain the benefits of Thuthuvalai and Thumbai.

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