DECEMBER 2022 **U/ID 22195/UNG3A**

Time : Three hours Maximum : 75 marks

PART A — (10 × 2 = 20 marks)

Answer any TEN questions, in 30 words each.

1. What is yoga?
2. Explain physical fitness.
3. Brief- Asanas.
4. What is overweight?
5. Define stress.
6. What is emotion?
7. What do you know about Allergies?
8. What is regulation of the circulatory system?
9. Define Type I diabetes.
10. What do you mean by Agility?
11. Write about tension.
12. Define anxiety

PART B — (5 × 5 = 25 marks)

Answer any FIVE questions in 200 words each.

13. Write a short essay on components of physical fitness.

14. Explain the problems associated with obesity.

15. Describe the risk factors associated with coronary heart disease.

16. Write about bronchial asthma.

17. Explain hypertension.

18. Discuss the role of the respiratory system.

19. Bring out the effects of stress.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions in 500 words each.

20. Elaborate upon the benefits of yoga asanas.

21. Discuss the methods of controlling overweight through Yoga.

22. Examine the development of muscular strength and endurance.

23. Summarize the health problems associated with inactivity.

24. Elucidate the need and importance of naturopathy.

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