DECEMBER 2023 **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. Give the meaning of fitness.
2. What is asana?
3. Define yoga.
4. What is overweight?
5. Explain the importance of yoga.
6. What is infection?
7. Briefly write about exercise.
8. Write a short note on bronchial asthma.
9. What is agility?
10. Explain muscular endurance.
11. Write about emotion.
12. Define anxiety.

PART B — (5 × 5 = 25 marks)

Answer any FIVE questions in 200 words each.

13. Describe physical fitness.

14. Explain the benefits of yoga asana.

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

16. Write about obesity.

17. Explain hypertension.

18. Discuss yoga and its impact on heart disease.

19. Write about guidelines for reducing anxiety.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions in 500 words each.

20. Elaborate upon naturopathy and its benefits.

21. Discuss the circulatory system and its regulation.

22. Narrate the stress symptoms and treatment.

23. Summarize the health problems associated with inactivity.

24. Elucidate the type of cardiovascular disease.

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