MAY 2022 **U/ID 22195/UNG3A**

Time : Three hours Maximum : 75 marks

PART A — (10 × 2 = 20 marks)

Answer any TEN questions each in 30 words.

1. What is Ashtanga Yoga?
2. Define Health.
3. What does naturopathy include?
4. Define Obesity.
5. What are the parts of the circulatory system?
6. What is coronary heart disease?
7. What is bronchial asthma?
8. What is the meaning of agility?
9. Define muscular strength.
10. Enlist the types of drugs.
11. What is Type II diabetes?
12. What are the asanas to reduce stress?

PART B — (5 × 5 = 25 marks)

Answer any FIVE questions each in 200 words.

13. What are the components of physical fitness?

14. Discuss the effects of lack of physical fitness.

15. Describe the importance of Asanas.

16. Write notes on Allergies.

17. Explain the kinds of emotions.

18. What are the health problems associated with inactivity?

19. Discuss the importance of Naturopathy.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions each in 500 words.

20. Elaborate upon the meaning, types and benefits of yogasana.

21. What are the various risk factors leading to coronary heart disease?

22. Elucidate upon the symptoms and therapy for obesity.

23. Discuss the types and benefits of exercise.

24. Portray some methods of reducing anxiety.

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