MAY 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. Define yoga.
2. What is asana?
3. Explain - naturopathy?
4. What is overweight?
5. Write about heart disease.
6. What is asthma?
7. Explain – infection.
8. Define stress.
9. Write about exercise.
10. What is muscular endurance?
11. Write about anxiety.
12. Define tension.

PART B — (5 × 5 = 25 marks)

Answer any FIVE questions, in 200 words each.

13. Bring out the benefits of yoga.

14. Explain the health problems associated with poor physical fitness.

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

16. Write about hypertension.

17. Explain cardiovascular endurance.

18. Discuss the guidelines for reducing anxiety.

19. Bring out the health problem associated with stress.

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 meaning, symptoms and therapeutic measures of stress.

23. Summarize the effect of naturopathy on diabetes type I and type II.

24. Write about the guidelines for reducing anxiety.

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