MAY 2024 **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 are Asanas?

2. What is Naturopathy?

3. Enlist any four types of Asanas.

4. What does over weight mean?

5. Define Hypertension.

6. What are coronary Heart diseases?

7. Define Aerobic exercise.

8. Explain the behavioural symptoms of stress.

9. What does Agility mean?

10. What is Diabetes?

11. What is Pranayama?

12. Mention any four health problems related to stress.

PART B — (5 × 5 = 25 marks)

Answer any FIVE questions each in 200 words.

13. Explain the importance of Asanas for physical health.

14. What are the benefits of naturopathy?

15. How does circulatory system function improve through training?

16. What are the causes of Allergies?

17. Explain the symptoms of Bronchial Asthma.

18. How can muscular strength be increased?

19. Describe the symptoms of cardio vascular diseases.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions each in 500 words.

20. Narrate the health benefits of Yogasana.

21. What are the methods of controlling overweight?

22. Enumerate the risk factors associated with cardio vascular diseases.

23. Elaborate upon the symptoms and causes Type I and Type II diabetes.

24. Elucidate upon the ways of reducing stress and anxiety.
