MAY 2025 **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. Define Yoga.
2. What is Pranayama?
3. Who is considered as the father of Naturopathy? Why?
4. What is Overweight?
5. Mention any four types of Cardiovascular diseases.
6. What is the major function of the circulatory system?
7. What are Aerobic Exercises?
8. What is Hypertension?
9. What does Gestational Diabetes mean?
10. Define Muscular endurance.
11. What does Coordination refer to?
12. How does Exercise help in Stress Management?

PART B — (5 × 5 = 25 marks)

Answer any FIVE questions each in 200 words.

13. Explain the benefits of Naturopathy.

14. How do Asanas help psychological health?

15. What are the effects of Overweight?

16. Explain the causes of Bronchial Asthma.

17. Write notes on the meaning and types of emotions.

18. Discuss the symptoms and causes of type I diabetes.

19. Describe the effect of meditation in lowering the anxiety levels in a person.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions each in 500 words.

20. Give a detailed account on the health deficiency symptoms of Physical fitness.

21. Illustrate the various methods of controlling Overweight.

22. How are allergies and infections treated using various measures?

23. Examine the effect of Naturopathy on Type I and Type II diabetes.

24. Elaborate upon the physical and psychological problems caused due to Stress.

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