Reg No: | | | | | | | | | | |

D.K.M.COLLEGE FOR WOMEN (AUTONOMOUS), VELLORE-1

SEMESTER EXAMINATIONS

NOVEMBER - 2018 15NPE3A

NON MAJOR ELECTIVE – I: YOGA FOR HEALTH AND FITNESS

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Time: 2 Hrs **Max.Marks: 50**

SECTION-A (10 x 2 =20)

Answer ALL the questions.

1. What is mean by Yoga?
2. Why Oxygen is Vital?
3. Explain Stress.
4. Define High Blood Pressure.
5. What is the Digestive System?
6. What is Solar Tradition?
7. Explain the yoga at Vedic period.
8. What is the role of yoga on Human System?
9. What is loosening Exercise?
10. Explain Pranayama.

SECTION-B (3 x 10 =30)

Answer any THREE of the following questions.

11. How many steps in suryanamaskar? Explain with related asanas?
12. What are the different types of Mudras?
13. Explain the Yogic Diet in detail.
14. Explain the plan of health education strategies Intervention and Programme?
15. Explain about the paths of Yoga.

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