

Undergraduate Examination, 2019
Semester-II (CBCS)
Yogic Art & Science
Generic Elective Course : GEC-2
Introduction to Yoga and Common Aliments

Time : 3 Hours

Full Marks : 60

Questions are of value as indicated in the margin
Answer one question from each unit

UNIT - I

1. What is Hypertension? Write down sign and symptoms of Hypertension. Write down the preventive measure of hypertension through Yogic practices. 3+4+8=15

Or

What is Asthma? Discuss the symptom of bronchial asthma and its preventive measures through yogic practices. 3+4+8=15

UNIT – II

2. Discuss about Arthritis its types and symptoms. Explain the yogic management for Osteo arthritis. 7+8=15

Or

What is Parkinson disease? Write down its symptom and treatment through yoga? 7+8=15

UNIT – III

3. Explain on GID with its classification? Explain yogic management for GID. 7+8=15

Or

What do you mean by DM? Explain different types of Diabetes? Write down the management part of DM? 7+8=15

UNIT – IV

4. Conceptualise on menstrual disorder. Write brief note on yogic management to overcome Menstrual Disorder. 7+8=15

Or

What do you mean by IUGR? What is the Yogic management for pregnancy induced hypertension? 7+8=15
