

**Undergraduate Examination, 2018**  
**Semester-II**  
**Yogic Art and Science**  
**Generic Elective Course (GEC-2)**  
**(Introduction to Yoga and Common Ailment)**

**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 asthma? Write down its symptoms and how yoga helps to treat asthma.

3+4+8=15

**Or**

What is hypertension? Discuss its symptom and how yoga helps to prevent hypertension.

3+3+9=15

**Unit-II**

2. Discuss about Parkinson disease and symptoms. Write down the yogic treatment for Parkinson disease.

7+8=15

**Or**

Discuss about arthritis and its symptoms. Explain the yogic management for arthritis

7+8=15

**Unit-III**

3. What is diabetes? Explain the different types of diabetes? Write a note in integrated approach of yoga on diabetes.

3+4+8=15

**Or**

What is obesity? Explain the main causes of obesity? Explain the yogic managements for obesity.

2+6+7=15

**Unit-IV**

4. What is menstrual disorder? Give a note on how yoga helps to overcome menstrual disorder.

4+11=15

**Or**

What is menopause? Write in details on yoga and menopause.

4+11=15

—————