

QP CODE: 203003

Register No.

**Second Professional B.A.M.S (Part I) Supplementary Degree Examinations,
September 2014**

Swasthavritta - II

Time: 3hours

Total Marks: 100

- *Answer all questions*
- *Draw diagrams wherever necessary*

Essays

(2x10=20)

1. Define family planning. Explain spacing methods of family planning.
2. Describe the basic principles of naturopathy. Explain the classification of food according to naturopathy.

Short notes

(10x5= 50)

3. Explain different types of pranayama(प्राणायाम).
4. Describe shadkriyas(षट्क्रिया)
5. Which yoga techniques can be used for asthma(आस्तमा).
6. Explain mud therapy.
7. Explain the types and therapeutic effects of fasting.
8. Explain national filariasis control programme.
9. Define vital statistics and explain the morbidity indicators.
10. Explain role of ayurveda in primary health care.
11. Mention the objectives and functions of WHO.
12. Explain the salient features of reproductive child health programme.

Answer briefly

(10x3= 30)

13. Explain diet for yogi.
14. Explain Hathayoga.
15. Pavanamuktasana(पवनमुक्तासन)
16. Hatha siddhi lakshana(हाता सिद्धि लक्षण).
17. UNICEF
18. What are mudras(मुद्र) and bandhas(बन्ध)
19. Whirlpool bath
20. Ashtanga yoga(अष्टांग योग).
21. List the various schools of yoga
22. Alma Ata declaration.
