

S.C.No.—1501100

**Open Elective EXAMINATION, 2021**

(First Semester)

(Main/Re-appear) (2020/2019/2017)

YOGA HEALTH AND NUTRITION

18MPE100

*Time : 2 Hours**Maximum Marks : 80*

**Note :** Attempt any *Four* questions. All questions carry equal marks.

1. (a) What do you mean by nutrition ?

(b) What do you mean by waste management ?

(c) What is BMI ?

(d) What do you mean by balance diet ?

(e) What do you mean by Yoga ?

(f) What is difference between Yoga and Physical exercise ?

(g) What do you mean by mental wellbeing ?

(h) Write about anxiety and depression.

2. Explain role of physical activities in maintaining health. <https://www.cbluonline.com>

3. Write about communicable disease their prevention and control.

4. What do you mean by Nutrition ? Explain role of diet in weight management.
5. Explain diet prescription for various age groups.
6. Write in detail about Aasana, Pranayam, Dhyana and Samadhi.
7. Explain about methods and benefits of Surya Namaskar.

8. Write notes on the following :
  - (a) Meditation
  - (b) Kriyas
  - (c) Nervous System
  - (d) Diabetes.
9. Explain effect of Yoga on Circulatory, Digestive and Respiratory System.