

QP CODE: 203003

Register No.

**Second Professional B.A.M.S (Part I) Supplementary Degree Examinations,
March 2016**

Swasthavritta – II

(2010 Scheme)

Time: 3hours

Total Marks: 100

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

Essays

(2x10=20)

1. Objectives of family planning. Explain the methods of family planning.
2. Aims and objectives of nisargopachara(prakriti chikitsa) and explain hydrotherapy(जलचिकित्सा) in detail

Short notes

(10x5= 50)

3. Describe Hatha yoga
4. Kumbhakabheda(कुम्भक भेदा) of pranayama
5. Explain shad-chakras(षट्चक्र)
6. Explain national filariasis control programme
7. Benefits of fasting(upavasa chikitsa)
8. Mud therapy(मृदुचिकित्सा)
9. Explain the levels of health administration
10. Explain RCH
11. Mention the objectives and functions of WHO
12. Which yoga techniques can be advised for diabetes

Answer briefly

(10x3= 30)

13. Explain positive and negative diet
14. Explain nadisudhi pranayama(नाडिशुद्धि प्राणायाम)
15. Gomukhasana(गोमुखासन)
16. Yogasidhikarabhavas(योगसिद्धिकरभाव)
17. Anti-natal care
18. Helio-therapy
19. Incidence and prevalence
20. Preventive geriatrics
21. Objectives of primary health care
22. Explain dhouti(धौति)
