

QP CODE: 203003

Register No.

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

Swasthavritta – II

(2010 Scheme)

Time: 3hours

Total Marks: 100

- Answer all questions
- Draw diagrams wherever necessary

Essays

(2x10=20)

1. Explain षड्कर्म (Shad Karmas) and mention the benefits of each of them.
2. Define primary health care and explain its principles and elements in detail.

Short notes

(10x5= 50)

3. What is meant by नाडीशुद्धि प्राणायाम (Nadi Shudhi Pranayama). Explain.
4. Explain पञ्चकोश (Panchakoshas).
5. Define hydrotherapy and write its various types.
6. Suitable yoga techniques for diabetes mellitus.
7. Explain बन्ध & मुद्रा (Bandhas and Mudras)
8. Explain national malaria control programme.
9. Explain ante natal and post-natal care.
10. Sources and uses of health statistics.
11. Explain the health administration at state level in India.
12. What is the importance of alma ata declaration. Explain.

Answer briefly

(10x3= 30)

13. Mention योगाभ्यास प्रतिबन्धक (Yogabhyasa Pratibandhakas)
14. Mention the procedure of गोमुखासन (Gomukhasana)
15. Define हठयोग (Hathayoga)
16. Write the classification of food according to naturopathy.
17. Procedure of sun bath.
18. Uses of health survey.
19. Differentiate morbidity and mortality.
20. Define family planning
21. What is meant by life expectancy.
22. What is meant by NRHM.
