

QP CODE: 203003

Register No.

**Second Professional B.A.M.S (Part I) Degree Supplementary Examinations
September 2018**

Swasthavritta – II

(2010 Scheme)

Time: 3 hours

Total Marks: 100

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

Essays

(2x10=20)

1. Define प्राणायाम (Pranayama) and mention its various types and benefits in detail.
2. Explain family planning techniques in detail.

Short notes

(10x5= 50)

3. What are यम (Yama) and नियम (Niyama). Explain.
4. Basic principles of naturopathy.
5. Define fasting and mention its various types.
6. Suitable yoga techniques for obesity.
7. Describe the procedure and benefits of steam bath.
8. Explain revised national tuberculosis control programme.
9. Explain indicators of MCH Care.
10. Explain the structure of WHO and write its activities.
11. Explain the health administration at national level in India.
12. What is the role of ayurveda in preventive geriatrics.

Answer briefly

(10x3= 30)

13. Mention योगसिद्धिकरभाव (Yoga Sidhikara bhavas)
14. Mention the procedure of पद्मासन (Padmasana)
15. Define मोक्ष (Moksha)
16. Benefits of naturopathic massage
17. The procedure of mud bath.
18. Differentiate mode and mean.
19. Benefits of pulse polio immunization
20. What is meant by demography.
21. Benefits of universal immunization programme
22. What is meant by AYUSH.
