

2021

Time :As in Programme

Full Marks : 75

The figures in the right-hand margin indicate marks.

Answer questions as directed therein

1. Answer any 3 questions. 15X3
 - a) What is yoga? Discuss the aim and principles of yoga.
 - b) Write an essay on pranayama.
 - c) Explain the five element theory.
 - d) What is the naturopathic concept of health and disease? Explain

2. Write short notes on any three 10x3
 - a. Health according to naturopathy
 - b. Asanas
 - c. Mud therapy
 - d. Fasting
 - e. Ardhamatsyendrasan (half twisting posture)

