YOGA, ANATOMY AND PHYSIOLOGY
(Health Care and Beauty Culture)
(Theory) Paper III

Time allowed : 3 hours ] [ Maximum Marks: 50
निर्धारित समय : 3 घण्टे ] [ आधिकतम अंक : 50

Note :
(i) Attempt any five questions.
(ii) All questions carry equal marks.

नोट :
(i) किन्हीं पाँच प्रश्नों के उत्तर दीजिए।
(ii) सभी प्रश्नों के अंक समान हैं।
1. Describe the role of mouth, stomach, small intestine and large intestine in digestive process.

2. Name the three parts of nervous system and explain their functioning.

3. What are the four appendages of skin? Explain their functioning.

4. What Asana will you recommend to the children to increase their height?

5. “Yoga, in essence, symbolizes the unity of body, mind and spirit.” Explain the statement quoted above.

6. Explain three exercises of Sthul Vyayam.

7. Describe the advantages of Bhav Shudhi.

8. Explain in detail the Vakrasana and Gomukhasana.

136/1