



**BL-2335**

Seat No. \_\_\_\_\_

**M. Sc. (Sem. - VIII) (CA & IT) Examination**

**April / May - 2014**

**805 : Health & Yoga**

Time : Hours]

[Total Marks :

**SECTION - I**

- 1 Answer the question : (any one) **12**
- (a) Give the common instructions of Asans and Pranayam ?
- (b) Write the technique and effects of jalput and kapalbhati.
- (c) Write the yoga theory of Heart-attack and constipation.
- 2 Asanus technique and effects : **8**  
Dhamurvsan and Pachimottanasan.
- 3 Anulom-Vilom pranayam. **5**

**SECTION - II**

- 1 What is sports related fitness ? What kind of step should be develop sports related fitness ? **10**

**OR**

- 1 Give meaning of Health related fitness and about kind of step should be develop your health.
- 2 Write the short note : (any three) **10**
- (a) Strength and endurance.
  - (b) Meaning of Agitivity and flexibility
  - (c) Nutrition for weight gain
  - (d) Body composition
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