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

BL-2335] 1 [Contd...
1 Give meaning of Health related fitness and about kind of step should be develop your health.

2 Write the short note: (any three)  
   (a) Strength and endurance.  
   (b) Meaning of Agitity and flexibility  
   (c) Nutrition for weight gain  
   (d) Body composition