

SC

(A1)

SARDAR PATEL UNIVERSITY

BBA (Honors) ITM

Semester-VIII (CBCS)

Tuesday, Date: 10-03-2015

Time: 10.30 a.m. to 11.30 a.m.

Subject: Yoga & Health

Code: UM08SBB101

Note:

1. Figure to the right indicates full marks.
2. All questions carry equal marks.

TOTAL MARKS: 30

Q-1 How will you take care of your Mouth, Teeth and Tongue in daily life? (10)

OR

Write down the importance of diet and daily exercise.

Q-2 Discuss need and importance of Yogasana. (10)

OR

Explain the techniques and benefits of Padmasana.

Q-3 What are the preventive measures of common Sports injuries? (10)

OR

Make a detailed note on types of injuries. Also, explain about Knee injuries in brief.
