

**Rajiv Gandhi University of Health Sciences, Karnataka****II Year B.A.M.S Degree Examination - SEP-2018****Time: Three Hours****Max. Marks: 100 Marks****Swasthavrittha - Paper-II****Q.P. CODE: 1262**

Your answers should be specific to the questions asked. Draw neat, labeled diagrams wherever necessary

(Note: Use the same theory answer scripts for writing Part A and Part B)**Part – A (50 Marks)****LONG ESSAYS****1 x 11 = 11 Marks**

1. Write yoga shabdasya nirukthi and explain about the yogic shadkriyas.

SHORT ESSAYS**5 x 5 = 25 Marks**

2. Define pranayama and explain its prakaras.
3. Yoga siddhikara and prati bandha kara bhava
4. Pathya apatya ahara during Yoga kala
5. Jala chikitsa
6. Write about the relation between nisargopachara and Ayurveda.

SHORT ANSWERS**7 x 2 = 14 Marks**

7. Benefits of Mayoorasana
8. Chromo therapy
9. Sitz bath
10. Upavasa chikitsa (fasting)
11. Yama
12. Define Nisargopachara.
13. Pingala nadi

Part – B (50 Marks)**LONG ESSAYS****1 x 11 = 11 Marks**

14. Define family planning and write the methods of family planning.

SHORT ESSAYS**5 x 5 = 25 Marks**

15. Uses of biostatistics
16. Health administration in India
17. National control programme on malaria
18. Post natal care
19. Medical termination of pregnancy

SHORT ANSWERS**7 x 2 = 14 Marks**

20. Maternal mortality rate
21. Low birth weight
22. UNICEF
23. Apgar score
24. Alma-Ata declaration
25. Structure of WHO
26. Crude death rate