SWASTHAVRITTA- 2

LONG ESSAY.

1. Describe sharira shudhi prakriyas in yoga.
2. Define primary health care wrote about the national health policy with refrerence to Almaata declaration.
3. Define yoga and describe the philosophy of yoga in relation to ayurveda.
4. Explain mother and child welfare.
5. Describe the philosophy of nature cure and explain the importanceof jala.
6. Describe the role of P.H.C in delivering health care to community.
7. Expalin the “Nisargopachara”.
8. Describe in detail National Health Programmes in Leprosay.
9. Explain the vyuthpathio of yoga shabda; technique and benefits of paschimothasan.
10. Describe artifiacial methods of family planning.
11. Explain Ashtanga yoga.
12. Describe in detail National malaria Eradication programme.
13. Explain “jala chikitsa” in nisargopachara.
14. Importance of national health programe.
15. Describe in detail pakriti chikitsa.
16. Write in detail about reproductive and child health programe(RCH)
17. Explain the importance of upavasa.
18. Explain the problems of population growth and its controlling measures.
19. Expalin Bahranga yoga.
20. Write in detail about maternal and child health care.
21. Describe ashtanga yoga in detail.
22. Describe measures of family planning for females in detail.
23. Define yoga. Describe in detail about pranayama.
24. Define family planning. Describe IUCD and Hormonal contraceptives.

SHORT ESSAY

1. Naturopathy.
2. Yogabhyas kala.
3. Shat karni.
4. Pratyahara.
5. Hatyoga.
6. Advantage sof family planning.
7. W.H.O
8. Blindness control.
9. District health administration.
10. Maternal mortality rate.
11. Define ‘ASANA’ and describe asanas performed in supine posture.
12. Explain various types of massages and their importance.
13. Write briefly about ‘RAJAYOGA’.
14. Explain the importance of ‘UPAVASA’.
15. Write in detail about obstruction to practice of yoga.
16. What is family planning and explain about various chemical methods adapted.
17. Describe central health administration.
18. Define health statistics and write various sources to collect them.
19. Indian red cross society.
20. Yogabhyasa kala pathyapathyam.
21. Discuss the relation of yogya and ayurveda.
22. Effect of meditation on mind.
23. Role of relaxation in NISARGPACHARA.
24. Nadishuddhi.
25. Bhaspha snana.
26. Health administration state level.
27. Physical method of contraception.
28. Explain yuogasya siddikara bhava.
29. Census.
30. National health programmes.
31. Explain asthanga yoga.
32. Define asana and describe bhujangasana.
33. Explain nadi shuddha lakshanani.
34. Explain bashpa snanam.
35. I.U.D.
36. Vajrasana.
37. Explain shirasasana.
38. Ida-pingla sushumna nadeenam varnanam.
39. Naishitiki chikitsa mahatvam.
40. Rajayoga and hatayoga varnanam.
41. Importance of vishwa swasthya sanghtan.
42. Contribution of ayurveda In primary health care.
43. Primary health care.
44. National malaria eadicaton programme.
45. Shatkarm.
46. Benefits of padmasan and mayurasan.
47. Alma ata declaration.
48. Bashpa snanam.
49. Sanitary inspector.
50. Immunization.
51. Prushthavamsha snana.
52. Upavasa.
53. Kukkutasana.
54. Dhauti.
55. Maternal health.
56. Pawanamuktasana.
57. Trinadi varnanam.
58. Jalapattika.
59. Mardana.
60. Intra uterine contraceptive device.
61. Explain the importance of yoga.
62. Describe pawanmuktasan.
63. Explain bashpa snana.
64. Describe I.U.D.
65. Explain pingla and sushumana nadi.
66. Explain dhanurasan.
67. Describe the hatayoga and rajayoga.
68. Explain shat kriyas in yoga.
69. Explain mayurasana.
70. Atapa sevana.
71. Health system in India at central level.
72. Simhasana.
73. World health organization.
74. National programme for control of blindness.
75. Yoga in ayurveda.
76. Upavasa.
77. Primary health centre.
78. Pawanamuktasana.
79. Panchayat raj.
80. Paschimottasana.
81. Define yogasana and its importance.
82. Write about yogasiddikara bhava.
83. Describe the soorya namaskara.
84. Explain muktatma lakshana.
85. Define linga snanam(sit bath).
86. What are the types of kumbaka and explain them.
87. Explain the importance of jala mahtwa.
88. Leprosy eradication antenatal care.
89. Nadi shuddi lakshana.
90. Write about antenatal care.
91. Sarvangasana.
92. Health statistics(swasthya sankhyaki).
93. Yoga pratibandhakara bhavas.
94. Contraceptives.
95. Health system in india- at district level
96. Pashchimottanasana.
97. Mental health and dhyana.
98. Ida pingla sushumana.
99. Population explosion.
100. Prakriti chikitsa.
101. Write any five definitions of yoga.
102. Ujjayi and suryabhedana pranayam
103. Bhujangasana.
104. Mud therapy.
105. Upasava chikitsa.
106. National health programme for blindness.
107. Function of W.H.O.
108. District health administration.
109. Health advice in antenatal care.
110. Almaatta declaration.
111. Kapala bhathi.
112. Vajrasana.
113. Jalandhara bandha.
114. Steam bath.
115. Bhastrika pranayam.
116. Vasectomy.
117. Antenatal care.
118. World health organization.
119. Immunization schedule.
120. Explain the reasons to support MCH( maternal and child health).

SHORT ANSWER

1. Dhanurasan.
2. Mayurasan.
3. Dhouti.
4. Ahar in naturopathy.
5. Pingla.
6. Mruttika.
7. Mehan snan.
8. Census.
9. Sources of health statistics.
10. Copper-T.
11. Nirodh.
12. AIDS- preventive measures.
13. Cholera causative organism.\
14. National health policy.
15. Muladhaara bandha.
16. Bhakti yoga.
17. Sun bath.
18. Kaapalbhati.
19. Eligible couples.
20. Cause of blindness in children.
21. Village health guides.
22. Jaalandhara.
23. Contra indications for oral pills.
24. Health insurance.
25. Disadvantages of I.U.D.
26. Matsyendrasanasya prayojanam.
27. Ida nadi.
28. Yama.
29. Udyanabandha
30. Sushmna nadi.
31. Jalneti.
32. Mud bath.
33. Bhujangasana.
34. Kumbhaka bheda.
35. Pratyahara.
36. Net reproduction rate.
37. W.H.O fuctions.
38. Safe period.
39. Low birth weight.
40. Maternal mortality rate.
41. Hospital records.
42. Shankaprakshalana kriya.
43. Dhouti.
44. Red cross society.
45. Vamana.
46. Yoga sidhikara bhava(names only).
47. Bandha prakara (names only).
48. Mayoorasanam.
49. Atapa sevana vidhi.
50. Upavasa mahatvamin nature cure.
51. Shavasana.
52. Yogabhyasa kala pathya.
53. Nutrition in school children.
54. Polio eradication programme.
55. Vayu chikitsa.
56. Pranayama mahatvam.
57. Sheershasan.
58. Mitahar.
59. Hata yoga.
60. Naishtiki chikitsa.
61. IUCD.
62. Condom(nirodh).
63. Yama.
64. Mrithikalep.
65. Nadi shuddi lakshanam.
66. Jala chikitsa.
67. Vasthi karma.
68. Dhanurasan.
69. Yoga ashtaga.
70. Grabini rakhsana vidhi.
71. Trataka.
72. Yoga siddhikara bhava.
73. Maternal mortality rate.
74. Moola bandha.
75. Mrittika chikitsa.
76. Hathayoga.
77. Soorya snana.
78. Vayu chikitsa.
79. Hind kushtha nivarn sangh.
80. Basti.
81. Muktatma lakshana.
82. Bhadrasana.
83. Vajrasana.
84. Define primary health care.
85. Vayu chikitsa.
86. Importance of pranyam.
87. W.H.O.
88. Ida nadi.
89. Vamana.
90. Mritika majjanam.
91. Shavasana.
92. Gomukhasana.
93. Chakrasana.
94. Nutrition in school children.
95. Red cross society.
96. Kurmasana.
97. Enumerate shatchakras.
98. Age specific death race.
99. Condom.
100. Yama.
101. Vamana dhouti.
102. Shavasana.
103. Prtayahara.
104. Pranayama.
105. Nadishuddhi lakshana.
106. Mardana.
107. Bhadrasana.
108. Uddiyana bandha.
109. Bhramari.
110. Raja yoga.
111. Rhythm method.
112. Intra uterine devices.
113. Yama.
114. Bramari.
115. Pavan mukthasan.
116. Mrithika shodhanam.
117. Atapa snanam.
118. Duty of medical officer.
119. Alma ata.
120. Vaccination.
121. Vasthi karma.
122. Diaphragm.
123. Bashpa snanam.
124. Patanajali.
125. Yogasana.
126. Pada snana.
127. Samadhi.
128. Mayoorasana.
129. Upvasa.
130. Gomukhasana.
131. Crude death rate.
132. Nauli.
133. Moksha.
134. Kurmasana.
135. Vishrama.
136. Kapalabhati.
137. Surya snana.
138. Vayu chikitsa.
139. Yoga siddhikara bhava.
140. Neti.
141. Types of mardan chikitsa.
142. Jalandhara bandha.
143. Naishthiki chikitsa.
144. Types of snana in jala chikitsa.
145. Kapalabhati.
146. Maternal mortality rate.
147. UNICEF.
148. Village health guide.
149. Uses of health statistics.
150. Definition of primary health care.
151. Define family planning.
152. Hatha yoga siddhi lakshana.
153. Collection of mud.
154. Yoga in katishula.
155. Define fasting.
156. Mudras.
157. Prathyahara.
158. Mud pack for eyes.
159. Define abortion.
160. Methods of collection of data.
161. Anganawadi worker.
162. Apgar score.
163. State level health administration.
164. Coitus interruptus.