

Q.P. Code 201269

Reg. No.:.....

**Final Year PG Diploma in Ayurveda Regular/Supplementary
Examinations April 2024**

Swasthavritta and Yoga - Diploma in Public Health (Ay.)

**Paper I – Applied aspects of Vaiyaktika and Samajika Swasthavritta in Swasthya
Rakshan**

Time: 3 hrs

Max marks: 100

- *Answer all questions to the point neatly and legibly • Do not leave any blank pages between answers • Indicate the question number correctly for the answer in the margin space*
- *Answer all parts of a single question together • Leave sufficient space between answers*

Essay

(20)

1. Write a detailed note on preventive aspects of Dinacharya to maintain health of a person with Kapha dominant Prakriti.

Short essays

(8x10=80)

2. Write why India has a surge of Santarpana janya vikara in recent years and measures to prevent it including a model daily routine (food and lifestyle)
3. Define demography and give details on demographic cycle.
4. Write about contraceptive methods adopted in National Family planning programme.
5. Prevention and controlled measures of occupational diseases.
6. Write about Manosvasthya and their maintenance through food, lifestyle and rasayana.
7. Define Rasayana. Write the types and give details on vatatapika Rasayana for Swastha.
8. Briefly describe MCH centre.
9. UNICEF
