

**Q.P. Code 201269**

**Reg. No.:.....**

**Final Year PG Diploma in Ayurveda Regular/Supplementary  
Examinations April 2025**

**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. Describe national nutritional programmes.

**Short essays**

**(8x10=80)**

2. Write about primary health care in India
3. What is preventive geriatrics and explain the role of Swasthavritta in geriatric care.
4. Food hygiene and methods for detecting food adulteration.
5. Discuss the preventive and health promotive aspects of ritucharya.
6. Define family planning and contraceptives described in Ayurveda.
7. Describe health administration in central and state level
8. Describe Abhyanaga and vyayama and their effects on health promotion.
9. Write Ahara and vihara to be administered during different stages of pregnancy and postnatal period.

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