

STELLA MARIS COLLEGE (AUTONOMOUS) CHENNAI – 86
(For candidates admitted during the academic year 2008–2009 & thereafter)

SUBJECT CODE: SW/ME/AH64

B.S.W. DEGREE EXAMINATION APRIL 2013

SOCIAL WORK
SIXTH SEMESTER

COURSE : MAJOR ELECTIVE

PAPER : ALTERNATE SYSTEMS OF HEALTH CARE

TIME : 3 HOURS

MAX. MARKS: 100

SECTION – A

ANSWER ALL THE QUESTIONS. EACH ANSWER NOT TO EXCEED 50 WORDS:

(10x3=30)

1. Define health.
2. What do you mean by Mental Health?
3. What is a balanced diet?
4. List the different types of Vitamins.
5. Expand AYUSH.
6. Homeopathy was started by whom and when?
7. What is acupuncture?
8. What is Aroma Therapy?
9. What is Naturopathy?
10. What do you mean by nutritional disorders?

SECTION – B

ANSWER ANY FIVE QUESTIONS. EACH ANSWER NOT TO EXCEED 300 WORDS:

(5x6=30)

11. Explain the concept “Health for All”.
12. How will you create awareness in the community on Food Adulteration? Explain.
13. Discuss the ill effects of fast food.
14. Write a short note on a) Siddha b) Unani
15. Yoga as an alternate method of well-being. Discuss.
16. Write a short note on Acupressure and Water Therapy.
17. Discuss the preparation of Home Remedies for common ailments.
18. Explain the importance of low cost nutritive foods and prepare a low cost nutritive diet chart for a child between 10 – 15 years.

SECTION – C

ANSWER TWO QUESTIONS. EACH ANSWER NOT TO EXCEED 1200 WORDS:

(2x20=40)

19. Prepare a group work with the SHG women in your community on the importance of healthy living.
20. Explain the classification of foods.
21. Briefly discuss the origin and principles of Ayurvedha.
22. Discuss the different types of nutritional disorders.
