

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

**SUBJECT CODE: SW/ME/AH64**

**B.S.W. DEGREE EXAMINATION APRIL 2011**  
**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 is Food Adulteration?
3. Write any three benefits of Siddha.
4. What is a balanced diet?
5. Define Nutrition.
6. What is low cost nutritive food?
7. Mention three ill-effects of Fast Food.
8. What are the different types of Naturopathy?
9. What is Homeopathy?
10. List any three types of therapies in Health Care.

**SECTION – B**

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

**(5x6=30)**

11. Briefly explain the principles of Ayurvedha.
12. Explain the Classification of food.
13. Write a short note on Acupressure.
14. Explain the benefits of Water Therapy.
15. Explain the different types of Nutritional disorders.
16. Prepare a low cost nutritive food for Women and Children.
17. 'Physical, Mental, Social and Spiritual Health are interrelated' – Justify.
18. 'Exercise to stay fit' – Comment.

**SECTION – C**

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

**(2x20=40)**

19. Analyse the different types of Food Adulteration and how can it be identified.
20. 'Yoga is an alternate method for well-being' – Discuss in detail.
21. Write in detail the different preparation of Home Remedies for common ailments.
22. Plan a community programme on 'Health for All' in the community you worked with.

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