

# Yoga as Preventive Measures for Lifestyle Diseases

## Previous Year Questions

- Q.1.** "Asanas can be used as preventive measures." Comment.
- Q.2.** Write any two benefits of Matsyasana.
- Q.3.** Identify the asanas which are used to control Diabetes or Obesity.
- Q.4.** Explain the procedure and benefits of any one asana used to cure Back Pain.
- Q.5.** Briefly explain the procedure of any one yoga asana for managing Obesity along with its benefits and contraindications.
- Q.6.** Describe the procedure and benefits of Mandukasana and Makrasana to control hypertension.
- Q.7.** What is Obesity? Draw stick diagrams of any two asanas recommended to control obesity and explain their procedure.
- Q.8.** Explain the procedure of Paschimottanasana.
- Q.9.** Mention any three benefits of Ardh-Matsyendrasana in context of Diabetes.
- Q.10.** Explain any two asanas that help to control obesity with their procedure and contraindications.