

R-3090

Sub. Code

813201

M.Sc. DEGREE EXAMINATION, APRIL 2019

Second Semester

Yoga

INTRODUCTION TO PSYCHOLOGY COUNSELLING

(CBCS – 2018 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. What is meant by attention?
2. Define perception.
3. Define memory.
4. Short note on Learning.
5. Define Cognition.
6. What is the Whorfian hypothesis?
7. Define motivation.
8. Short note on Emotion.
9. Define heritability.
10. Write any two mind brain function.

Part B

(5 × 5 = 25)

Answer **all** questions choosing either (a) or (b).

11. (a) Explain the theories of attention.

Or

- (b) Describe the difference between field dependent and field independent.

12. (a) Explain the shiffrin three store model.

Or

- (b) Discuss the decay and interference theory.

13. (a) Explain the representation of knowledge in cognitive organization.

Or

- (b) Describe the stages in creativity decision making.

14. (a) Explain the theories of emotion.

Or

- (b) Explain the activation theories.

15. (a) Explain the function of the brain.

Or

- (b) Explain the neurotransmitters basic features of nervous system.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Briefly discuss the types of perception models.
 17. Explain the types of learning models.
 18. Briefly explain the theories of cognitive organization.
 19. Discuss the psychoanalytic and clinical theories.
 20. Briefly explain the mind brain relationship and consciousness.
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R-3091

Sub. Code

813202

M.Sc. DEGREE EXAMINATION, APRIL 2019

Second Semester

Yoga

SCIENTIFIC APPROACH OF YOGA

(CBCS – 2018 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. Define bone.
2. Define lungs.
3. Define dhauti.
4. Short note on nauli.
5. Define moola shodhana.
6. What is the kapalabhati?
7. Define chakras.
8. Short note on Kundalini.
9. Write any two benefits of meditation.
10. Write any two functions brain.

Part B

(5 × 5 = 25)

Answer **all** questions choosing either (a) or (b).

11. (a) Explain the muscular and connective tissues.

Or

- (b) Describe the effect of yoga on circulatory system.

12. (a) Explain the physiological benefit of jala bandha.

Or

- (b) Discuss the physiological benefit of yoni mudras.

13. (a) Explain the effect of yogic techniques on nadi.

Or

- (b) Describe the yogic methods of mucus cleaning and anal cleaning.

14. (a) Explain the muladhara and manipuraka chakras.

Or

- (b) Explain the kundalini shakti.

15. (a) Explain the benefit biochemical changes in yoga.

Or

- (b) Explain the effect of the psycho-physiological changes.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Briefly discuss the effect of yoga on nervous system.

17. Explain the Mahabandha.

18. Briefly explain the effect of meditation on human body.
 19. Discuss the chakras in human body.
 20. Briefly explain the psycho-pysiological changes during the practice of meditation.
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R-3092

Sub. Code

813203

M.Sc. DEGREE EXAMINATION, APRIL 2019

Second Semester

Yoga

APPLIED YOGA IN MODERN LIFE

(CBCS – 2018 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. Short note on physical health.
2. Define social health.
3. Short note on personality.
4. Define sports fitness.
5. Define therapy.
6. Short note on treatment.
7. Define nadis.
8. Short note on attitudes.
9. Define stress.
10. Short note on anxiety.

Part B

(5 × 5 = 25)

Answer **all** questions choosing either (a) or (b).

11. (a) Explain the concept of positive health.

Or

- (b) Describe the important yard sticks of health responsibility.

12. (a) Explain the sports fitness through yoga.

Or

- (b) Briefly discuss the superior mental health aids to health personality.

13. (a) Explain the wholesome development in yoga.

Or

- (b) Describe the yoga therapy to general fitness.

14. (a) Explain the stress response Vs cultivation.

Or

- (b) Explain the yoga for positive hygiene.

15. (a) Explain the yoga and executive jobs.

Or

- (b) Explain the impact of yoga on the constant stress.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Briefly discuss the various dimensions of health according to yoga.
 17. Explain the concept of healthy personality in yoga.
 18. Narrate the integration of the body and mind in the yogic concept.
 19. Discuss the shradha and tranquilization of the mind.
 20. Explain the improvement of personal efficiency through yoga.
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R-3093**Sub. Code****813502****M.Sc. DEGREE EXAMINATION, APRIL 2019.****Second Semester****Yoga****YOGIC PRACTICES AND SOCIAL VALUE****(CBCS – 2018 onwards)**

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. Write the madras during sectional breathing.
2. Write any two benefit of poorna ustrasana.
3. Define nadishudhi.
4. Short note on basthi.
5. Define mudra.
6. What is uddiyana?
7. Write the benefit of meditation.
8. Short note on Positive thinking.
9. Define perception
10. Define anger.

Part B

(5 × 5 = 25)

Answer **all** questions, choosing either (a) or (b).

11. (a) Explain the effect of utthitha padmasana on human body.

Or

- (b) Explain the role of padma mayurasana on nervous system.

12. (a) Narrate the role of kapalabhati on brain.

Or

- (b) Briefly discuss the role of brahmari on cultivation of mental peace.

13. (a) Explain the jala mudra and uddiyana bandha.

Or

- (b) Describe the role of chin mudra on meditation.

14. (a) Explain the nirguna meditation in yoga.

Or

- (b) Discuss the different ways of conflict resolutions.

15. (a) Briefly explain the living values of co-operation and freedom.

Or

- (b) Explain the honest and tolerance in living values.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Describe the effect of shatkriyas on Human body.
 17. Explain the maha bandhas.
 18. Briefly explain the different schools of meditation.
 19. Narrate the verbal and non verbal communication in interpersonal skill and drill.
 20. Discuss the responsibility, happiness, respect and love in inculcation of living values.
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