

R-4791

Sub. Code

813201

M.Sc. DEGREE EXAMINATION, APRIL 2021

Second Semester

Yoga

SCIENTIFIC APPROACH OF YOGA

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. Name the four main types of tissues.
2. List out any two muscles of abdomen.
3. What is the meaning of the word 'mula'?
4. State any one benefit of the Khechari mudra.
5. What is the aim of Shatkriyas?
6. List the things required for performing jal neti.
7. What is Basti in yoga?
8. Name some of the most important Nadis.
9. What is Kundalini energy?
10. State some of the benefits of yoga.

Part B

(5 × 5 = 25)

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

11. (a) Briefly mention the various types of muscle tissues and their functions in the body.

Or

- (b) Explain the effect of yoga on respiratory system.

12. (a) Discuss the various benefits of maha bandha.

Or

- (b) Explain the physiological benefits of Yoni mudra.

13. (a) Discuss the procedure and benefits of performing jal neti.

Or

- (b) Explain the process and effects of Kunjal kriya.

14. (a) Describe the Sushumna Nadi.

Or

- (b) Write short notes on the Pranayama and brain functions.

15. (a) Write a short note on anemia and its symptoms.

Or

- (b) Write a short note on meditation and electroencephalography.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. How does yoga help in better functioning of the kidneys? Illustrate your answer with examples of yoga Asanas used for strengthening the kidney function.
 17. How is Viparita Karani performed? What are its physiological benefits?
 18. Discuss the steps and technique of the Agnisara kriya in detail. Also outline the precautions that one needs to take, while practising the kriya.
 19. Discuss Ajna Chakra and Sahasrara Chakra in detail.
 20. Explain the effects of meditation on endocrine, hormones and neurotransmitters.
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R-4792

Sub. Code

813202

M.Sc. DEGREE EXAMINATION, APRIL 2021

Second Semester

Yoga

APPLIED YOGA IN MODERN LIFE

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. Define Health.
2. Define yoga.
3. What do you mean by stress?
4. Meaning of physical education.
5. Define personality.
6. List out any two benefits of Nadis purification.
7. Define Iswara.
8. Define mental health.
9. What do you meant by fatigue?
10. Meaning of fitness.

Part B

(5 × 5 = 25)

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

11. (a) Explain the concept of Positive Health.

Or

- (b) Write short notes on yard sticks of health.

12. (a) Explain the concept of healthy personality.

Or

- (b) Discuss the concepts of fitness.

13. (a) Discuss how yoga helps to develop general fitness.

Or

- (b) Yoga as a therapy how? Explain in detail.

14. (a) Explain the faith factors of yoga.

Or

- (b) Explain side effects of artificial stimulant uses.

15. (a) How will you improve your personal efficiency through yoga? Explain in detail.

Or

- (b) Explain role of yoga on social adjustment.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Explain in detail characteristics of health personality.

17. Briefly explain the dimensions of health.

18. Explain the positive hygiene of yoga in detail.
 19. Contribution of yoga to solve the problems of the executives how? Discuss in detail.
 20. Write a short notes on social qualities of personalities given below (a) Cooperation (b) Yoga and personal Efficiency (c) Tolerance (d) Simplicity.
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R-4793

Sub. Code

813203

M.Sc. DEGREE EXAMINATION, APRIL 2021

Second Semester

Yoga

YOGIC PRACTICES AND SOCIAL VALUES

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. List steps involved in Marichyasana.
2. Define Asana.
3. Meaning of Pranayama.
4. What do you mean by Nadishudhi.
5. Define Kriya.
6. What do you mean by Meditation?
7. Define Health.
8. Meaning of honesty.
9. Define perception.
10. Meaning of lesson plan.

Part B

(5 × 5 = 25)

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

11. (a) Explain Sethu Bandha Sarvangasana and Eka Pade Chakrasana.

Or

- (b) List the benefits of Poomaustasana.

12. (a) What is ujjayi pranayama and Brahmuni pranayama? Explain its benefit.

Or

- (b) Explain the procedure for Sadanta Pranayama.

13. (a) Explain Bandhas.

Or

- (b) Define mudra. Explain brahma mudra and maha mudra.

14. (a) Write a note on Stress Management.

Or

- (b) Describe the inter-personal skills.

15. (a) Explain the different ways of conflict — resolutions.

Or

- (b) Prepare a lesson plan for yogic practice for a month.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Explain in detail about parivritta janu sirasasana and undhva makha paschimottasana.
 17. What is sectional breathing and explain the suryabhedana pranayama and chandrabhedana pranayama.
 18. Define Mudra. Explain adi mudra and Brahma mudra.
 19. Describe the concepts of verbal and non verbal communication.
 20. Describe the inculcation of living values.
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R5562

Sub. Code

813401

M.Sc. DEGREE EXAMINATION, APRIL – 2021

Fourth Semester

Yoga

PRINCIPLES OF YOGIC THERAPY

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. Define Yoga.
2. What is Vasitha?
3. List out any four chronic diseases.
4. What is stress?
5. Define mental health.
6. What is cognitive competence?
7. What is hyper tension?
8. Define Naturopathy.
9. What is integral intelligence?
10. What is psychological attitude?

Part B

(5 × 5 = 25)

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

11. (a) Explain about Vyasabhasya.

Or

- (b) Role of Tirumanthiram.

12. (a) Role of yogic practices on stress.

Or

- (b) Explain stress model diseases.

13. (a) Role of yogic therapy on heart diseases.

Or

- (b) Explain role of Siddha medicine.

14. (a) Explain about Parkinson's Diseases.

Or

- (b) Explain modern medicine.

15. (a) What are the four phases of stress disorders?

Or

- (b) Explain about psycho psychological reconditioning.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Explain role of K.N. Udapa an diseases and yoga therapy.
17. Explain kinds of diseases according to Steven F. Brena.
18. List out various disorders in the human organs and explain the impact of Yogic Therapy.

19. Explain the basic principles of Yogic theory.

20. Write short notes on:

(a) Asthma

(b) Diabetes Mellitus

(c) Tension

(d) Ayurveda. _____

R-4794

Sub. Code

813502

M.Sc. YOGA DEGREE EXAMINATION, APRIL 2021

Second Semester

INTRODUCTION TO PSYCHOLOGY COUNSELLING

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. What do you mean by psychology?
2. Define Anxiety.
3. Define Attention.
4. Define perception.
5. What do you understand by learning?
6. State the concept of memory.
7. Define cognition.
8. What do you mean by hypothesis?
9. What is the parasympathetic nervous system?
10. How does the spinal cord act?

Part B

(5 × 5 = 25)

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

11. (a) Describe the humanistic therapy.

Or

- (b) Write a short note on the nature of psychology.

12. (a) Explain the Neisser's model perception.

Or

- (b) Write a brief note on the process of perception.

13. (a) Discuss the concept of working memory.

Or

- (b) Write a short note on observational learning.

14. (a) Describe the neuropsychological views points.

Or

- (b) Write a brief note on theories of cognitive organization.

15. (a) Discuss the psycho analytical theory.

Or

- (b) Explain the ethical issues in research.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Explain the relationship between counselling and psychotherapy.

17. What is memory? Explain different types of memories.

18. Explain the representation of knowledge in various aspects in detail.
 19. Explain the theories of Murray and Erikson.
 20. Discuss in detail the Central Nervous System (CNS) and the Peripheral Nervous System (PNS).
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