

**R6253**

**Sub. Code**

**813101**

**M.Sc. DEGREE EXAMINATION, NOVEMBER – 2021**

**First Semester**

**Yoga**

**SCIENTIFIC BASIS OF YOGA**

**(CBCS – 2019 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** the questions.

1. Define – Tissues.
2. Write any two type of system in human body.
3. What is respiration?
4. What is balanced diet?
5. Define - niyamas.
6. What is mental health?
7. Mention any two techniques of yoga.
8. What is applied research?
9. What is the contribution kaivalyadhama?
10. Which year started in kaivalyadhama.

**Part B**

(5 × 5 = 25)

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

11. (a) Write short notes on muscular system.

Or

- (b) Briefly explain the effect of yogic practices on excretory system.

12. (a) Explain the elements of balanced diet.

Or

- (b) Briefly explain the role of importance of yoga on mental health.

13. (a) Explain the yogic physical culture.

Or

- (b) Explain the experimental research in yoga.

14. (a) Explain the promotion of yoga research.

Or

- (b) Explain the effect of modern methods in yoga.

15. (a) Write short notes on kaivalyadhama.

Or

- (b) Write short notes on yoga research.

**Part C**

(3 × 10 = 30)

Answer any **three** of the following questions.

16. Explain the types of tissues.  
17. Describe the effect of yoga on nervous system.

18. Explain the influence of yoga on digestive system.
  19. Discuss the applied research in yoga.
  20. Explain the contributions of kaivalyadhama institute of yoga.
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**R6254**

**Sub. Code**

**813102**

**M.Sc. DEGREE EXAMINATION, NOVEMBER – 2021**

**First Semester**

**Yoga**

**RESEARCH METHODOLOGY IN YOGIC PRACTICE**

**(CBCS – 2019 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** the questions.

1. What is research?
2. Define - Case study.
3. What is descriptive research?
4. What is observation?
5. Define - Questionnaire.
6. Mention any two type of philosophical objectives.
7. What is research design?
8. Define - statistics.
9. What is hypertension?
10. Define - measures of central tendency.

**Part B**

(5 × 5 = 25)

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

11. (a) Briefly explain the scope of research.

Or

- (b) Write short notes on laboratory experiments and field experiments.

12. (a) Discuss the scaling techniques.

Or

- (b) Explain the nature of philosophical methods.

13. (a) Explain the case studies on individuals.

Or

- (b) Write short notes on diabetes mellitus and rheumatoid arthritis.

14. (a) Explain the extraneous and intervening variables.

Or

- (b) Briefly explain the testing of hypothesis.

15. (a) Write short notes on T- test.

Or

- (b) Briefly explain the statistical procedures.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Describe the relationship of research to yoga and limitation of yoga research.
  17. Write short notes on methods of data collection.
    - (a) Observation
    - (b) Interview
    - (c) Questionnaires
    - (d) Rating scales
  18. Explain the aims and objectives of philosophical studies.
  19. Discuss the methods of data collection for Case study.
  20. Explain the types of statistics.
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**R6255**

**Sub. Code**

**813103**

**M.Sc. DEGREE EXAMINATION, NOVEMBER – 2021**

**First Semester**

**Yoga**

**ANATOMY AND PHYSIOLOGY**

**(CBCS – 2019 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** the questions.

1. What is Physiology?
2. What is Tissues?
3. Mention any two type of blood groups.
4. What is lung capacity?
5. Write any two function of Pituitary glands.
6. Expand-ANS.
7. What is Oxygen dept?
8. Define – training
9. What is balanced diet?
10. What is somatic sense?

**Part B**

(5 × 5 = 25)

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

11. (a) Draw a neat diagram for Cell.

Or

- (b) Briefly explain the gender differences.

12. (a) Write short notes on lung capacity and tidal volume.

Or

- (b) Write short notes on blood pressure and lymph.

13. (a) Explain the structure and functions of the kidneys.

Or

- (b) Explain the functions of Thyroid and Parathyroid glands.

14. (a) Write short notes on Oxygen debt and second wind.

Or

- (b) Explain the diet before during after competition.

15. (a) Explain the muscular system physiological concept.

Or

- (b) Difference between somatic and special senses.

**Part C**

(3 × 10 = 30)

Answer any **three** of the following questions.

16. Explain the types of joints.

17. Describe the cardiac cycle.

18. Draw a neat diagram for digestive system and its explain.

19. Explain the role of oxygen.
  20. Discuss the effect of exercise on muscular system.
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**R6256**

**Sub. Code**

**813501**

**M.Sc. DEGREE EXAMINATION, NOVEMBER – 2021**

**First Semester**

**Yoga**

**FUNDAMENTALS OF YOGA EDUCATION**

**(CBCS – 2019 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** the questions.

1. What is yoga?
2. Mention any two misconceptions of yoga.
3. What is jainism?
4. What is Kundalini yoga?
5. What is maha prana?
6. Expand-WHO.
7. Meaning of positive health.
8. What is pranayamas?
9. Define - Mudras.
10. Write any two type of Kriyas?

**Part B**

(5 × 5 = 25)

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

11. (a) Explain the misconceptions of yoga.

Or

- (b) Write short notes on raja yoga and bhakthi yoga.

12. (a) Explain the tamil siddhars scripture and thirumoolar thirumanthiram.

Or

- (b) Explain the SHAT Dharshanas.

13. (a) Briefly explain the pancha koshas.

Or

- (b) Explain the shat chakras and mukya pranas.

14. (a) Briefly explain the types of mudras.

Or

- (b) Explain the western influence and modern renaissance in yoga.

15. (a) Briefly explain the any two type of pranayamas.

Or

- (b) Explain the different types of health.

**Part C**

(3 × 10 = 30)

Answer any **three** of the following questions.

16. Explain the different paths of yoga.
  17. Describe the need for a historical perspectives on yoga.
  18. Explain the five stages of consciousness.
  19. Explain the patanjalis yoga sutras and thirumoolar thirumanthiram.
  20. Explain the types of asana.
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**R6257**

**Sub. Code**

**813301**

**M.Sc. DEGREE EXAMINATION, NOVEMBER – 2021**

**Third Semester**

**Yoga**

**YOGA AND POSITIVE HEALTH**

**(CBCS – 2019 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. Define health.
2. What is mean by yoga?
3. Define healthy personality.
4. Write about sutras.
5. Define hatha yoga.
6. Define shraddha
7. Write about yogic diet.
8. What is mean by positive focus?
9. What is mean by emotion?
10. Define mind.

**Part B**

(5 × 5 = 25)

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

11. (a) Explain the positive health according to WHO.

Or

- (b) Explain the dimensions of health in human body.

12. (a) Explain the concept of healthy personality according to Jourard.

Or

- (b) Describe the somatic disorders in human through yoga.

13. (a) Explain the tranquillisation of mind and their techniques.

Or

- (b) Explain the Iswara-pranidhana and their techniques.

14. (a) Describe the yogic principles of diet.

Or

- (b) Explain the facilitate natural emotion of wastes.

15. (a) Explain the healthy and happiness through yogic practices.

Or

- (b) Describe the calm down your mind and focus it inward.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Elaborate the concept of positive health according to Ayurveda.
  17. Briefly describe the concept of healthy personality according to Gita.
  18. Describe the stress response Vs cultivation of relaxation response.
  19. Explain the role of different limbs of yoga in the development of positive health.
  20. How to improve the dietary habits and relax your whole body.
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**R6258**

**Sub. Code**

**813302**

**M.Sc. DEGREE EXAMINATION, NOVEMBER – 2021**

**Third Semester**

**Yoga**

**PRINCIPLES OF HATHA YOGA**

**(CBCS – 2019 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. What is mean by yoga?
2. Define kundalini.
3. Define kriyas.
4. Write about nadis.
5. What is mean by hatha yoga'?
6. What is mean by raja yoga?
7. Write about bandhas.
8. Define mudras.
9. What is mean prana?
10. What is mean dhyana?

**Part B**

(5 × 5 = 25)

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

11. (a) Explain the hatha yoga according to Pathanjali's sutra.

Or

- (b) Describe the sukhshnaviyama yogic technique.

12. (a) Explain the any two satkarmas yogic technique.

Or

- (b) Describe the Gherand Samhita's yogic massages.

13. (a) Explain the relationship between hatha yoga and raja yoga.

Or

- (b) Elaborate the dos and don'ts followed by the hatha yoga practitioner.

14. (a) Explain the mudras in hatha yoga pradipika and their benefits.

Or

- (b) Explain the mudras in gherand Samhita their benefits.

15. (a) Explain the concept of pratyahara in gheranda Samhita and their benefits.

Or

- (b) Explain the concept of pratyahara in gheranda Samhita and their technique.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Briefly explain the aims and objective of hatha yoga.
  17. Explain the classification of satkarmas according hatha yoga pradipika.
  18. Describe the introduction to great hatha yogic of natha school and their contributions to yoga.
  19. Explain the kind of prana and upa- prana in appropriate location in human body.
  20. Describe the concept of pratyahara in gheranda Samhita.
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**R6259**

**Sub. Code**

**813503**

**M.Sc. DEGREE EXAMINATION, NOVEMBER – 2021**

**Third Semester**

**Yoga**

**BRAIN CONSCIOUSNESS AND YOGA**

**(CBCS – 2019 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. Define Brain.
2. Define Conscious.
3. What is mean by Upanishads?
4. What is mind?
5. Define avidya.
6. What is mean by Asmita?
7. Define samadhi.
8. Write about cognitive.
9. Short note on Meditation
10. Define core values.

**Part B**

(5 × 5 = 25)

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

11. (a) Explain the brain hemispheres of human.

Or

- (b) Describe the evolution of consciousness in human brain.

12. (a) Short notes:

- (i) Cosmic consciousness
- (ii) Collective unconscious

Or

- (b) Short notes:

- (i) Individual unconscious
- (ii) State of consciousness

13. (a) Explain the Indian concept of states of consciousness through yogic life style.

Or

- (b) Describe the common factor of spiritual perceptions to yogic cognitive.

14. (a) Explain the yoga for realization of pure consciousness.

Or

- (b) Describe the human psychology through yogic meditation.

15. (a) Explain the mission of your higher self through yogic techniques.

Or

- (b) Describe the emotional intelligence according to Astanga yoga.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Describe the over view of human brain.
  17. Elaborate the pure consciousness according to Upanishads.
  18. Explain the collective unconscious and individual unconscious through yoga.
  19. Explain the psychology of yogic meditation.
  20. How to developing your sense and emotional intelligence through yogic techniques?
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