

**R6226**

**Sub. Code**

**724103**

**B.Sc. DEGREE EXAMINATION, NOVEMBER 2021**

**First Semester**

**Yoga**

**FOUNDATION OF YOGA**

**(CBCS – 2019 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 1 = 10)

Answer **all** questions.

1. Yoga vasishtha emphasizes on
  - (a) Jnana yoga
  - (b) Mantra yoga
  - (c) Raja yoga
  - (d) Bhakti yoga
  
2. Purusha and Prakriti are the two main concepts of the philosophy of
  - (a) vedanta
  - (b) samkhya
  - (c) mimamsa
  - (d) vaishesika
  
3. In which upanishad four steps of omkar are mentioned
  - (a) Prashna
  - (b) mundaka
  - (c) mandukyo
  - (d) katho

4. According to pataiyati "Heyahetu" is the union of
- (a) Drishta and Drishya
  - (b) Manas and indriya
  - (c) Atma and paramatma
  - (d) manas and buddhi
5. In which texts four types of persons are mentioned as Aarta, Jij nasu, Artharathi and Jnani
- (a) Ramayana                      (b) Brahmasutra
  - (c) Kathoupanisad              (d) Bhagavad Gita
6. Kriya yoga includes
- (a) Swadhyaya                      (b) Tapas
  - (c) Avidya                              (d) Ishwara pranidhana
7. Jainism preaches three Ratnas, which could not be there
- (a) Right knowledge
  - (b) Right conduct
  - (c) Right philosophy
  - (d) Right speech
8. Katho upanishad is the conversation between
- (a) Yama and naciketa
  - (b) Varuna and yakshan
  - (c) Katyayani and yajkna
  - (d) Yama and yakshan
9. Ida nadi respectively know as
- (a) Ganga                              (b) Yamuna
  - (c) Saraswathi                      (d) Kaveri

10. Which of the following are responsible for success in yoga sadhana

- (a) utsana (b) prayasa  
(c) niya magraha (d) pratyaya

**Part B**

(5 × 5 = 25)

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

11. (a) Explain the origin of yoga?

Or

(b) Explain the development of yoga.

12. (a) Explain the aims and objectives of yoga.

Or

(b) Explain the streams of yoga.

13. (a) Explain the importance of yoga.

Or

(b) Explain the principles of yoga.

14. (a) Explain yoga in principal upanishads?

Or

(b) Explain the yogic perspective in narada Bhakthi yoga.

15. (a) Explain the yogic prospective smritis and puranas.

Or

(b) Explain the vedantic approach of Ramanuja

**Part C**

(5 × 8 = 40)

Answer any **five** questions.

16. Explain the Mythological. concepts in yoga.
  17. Explain the misconceptions of yoga.
  18. Explain the relationship between yoga and Indian philosophy.
  19. Explain yogic perspective Ramayana and mahabharata.
  20. Explain the Thirumoolar Thirumanthiram.
  21. Explain the Antharanga yoga.
  22. Explain the yogic perspective of Bhagavad Gita.
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**R6227**

**Sub. Code**

**724104**

**B.Sc. DEGREE EXAMINATION, NOVEMBER 2021**

**First Semester**

**Yoga**

**TEXTS ON HATHA YOGA**

**(CBCS – 2019 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 1 = 10)

Answer **all** questions (objective type).

1. Which one of the following is not included in ten principle of nadis?
  - (a) Alambusa
  - (b) Kuhu
  - (c) Koorma
  - (d) Shanthini
2. Which of the following brings the man to different Lokas?
  - (a) prana vayu
  - (b) udana vayu
  - (c) vyana vayu
  - (d) samana vayu
3. Asmita means ekatmata of
  - (a) Manas and atma
  - (b) Drik and darshanshakti
  - (c) Sharira and indriya
  - (d) Sukha and Dukha

4. All to Hatha pradipika, which type of Nada appears first  
(a) Sound of megha (b) Sound of shankha  
(c) Sound of bell (d) Sound of bee
5. All to Ghzenda samhita, the types of Danta Dhauti are  
(a) Three (b) Four  
(c) Five (d) Six
6. Preksha meditation is a system of meditation whose we practice  
(a) Perception of concentration  
(b) Perception of dreams  
(c) Perception of thoughts  
(d) Perception of objects
7. Transcendental meditation was propagated by  
(a) Swami Ram Dev  
(b) Maharishi Mahesh Yogi  
(c) Swami shivananda  
(d) Maharishi Dayanand
8. Pingala nadi's respectively are known as  
(a) Saraswati (b) Ganga  
(c) Yamuna (d) Kaveri
9. Kapalbhathi is usually contra indicated in which diseases?  
(a) Hyper tension (b) Obesity  
(c) Diabetes (d) Thyroid
10. Aparigraha is included under  
(a) Niyama (b) Yama  
(c) Samadhi (d) Antaranga yoga

**Part B**

(5 × 5 = 25)

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

11. (a) Explain Natha Cult hatha yogis and their contribution.

Or

- (b) Explain the philosophy of Hatha Yoga.

12. (a) Explain the concepts of Pathya and Apathya.

Or

- (b) Explain Ten Yama and Niyamas in Hatha Yoga.

13. (a) Explain the concept of sawas–prashwas.

Or

- (b) Explain the text Hatha Rathnavali.

14. (a) Explain the chapters in Hatha Yoga pradeepika.

Or

- (b) Explain the text Goraksha Samhita about Asanas and Pranayamas.

15. (a) Explain the relevance of Hatha Yoga in day to day life.

Or

- (b) Explain the Dharana, Dhyana, Samadhi.

**Part C**

(5 × 8 = 40)

Answer any **five** questions.

16. Explain the Hatha Yoga parampara in detail.  
17. Explain the svarodaya-jnana in Hatha yoga sadhana.

18. Explain the concept of Samadhi.
  19. Explain the nature and objectives of the text Gheranda samhita.
  20. Explain shatkriyas and pranayamahakas.
  21. Explain nadis and chakras in detail?
  22. Explain the yama and niyamas in Hatha yoga.
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**R6228**

**Sub. Code**

**724105**

**B.Sc. DEGREE EXAMINATION, NOVEMBER 2021**

**First Semester**

**Yoga**

**Allied : HUMAN ANATOMY AND PHYSIOLOGY – I**

**(CBCS – 2019 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 1 = 10)

Answer **all** questions.

(Objective Type)

1. The largest gland in human body is
  - (a) Pancreas
  - (b) Liver
  - (c) Parotid gland
  - (d) Adrenal gland
2. Which type of personality is described by Kretschmer
  - (a) Mesomorphy
  - (b) Ectomorphy
  - (c) Pyknic
  - (d) Endomorphy
3. “Pernicious Anaemia” occurs due to deficiency of vitamin
  - (a) Niacin
  - (b) cyanocobalamin
  - (c) Riboflavin
  - (d) thiamine
4. Which of the following are two main parts of central nervous system
  - (a) Spinal cord and Brain
  - (b) Sympathetic and Parasympathetic
  - (c) Cervical and Brain
  - (d) Coccyx and spinal cord

5. Which is the major stress hormone
- (a) Prolactin                      (b) Glucagon  
(c) Cortisol                        (d) TSH
6. Match List I and II
- | I                   | II                      |
|---------------------|-------------------------|
| (1) Flat bones      | (a) Arms and legs       |
| (2) Long bones      | (b) Wrists              |
| (3) Short bones     | (c) Sternum and Scapula |
| (4) Irregular bones | (d) Vertebra            |
7. How many stages are there in REM sleep.
- (a) One                                (b) Five  
(c) Three                              (d) Four
8. T<sub>4</sub> Hormone is secreted by which endocrine gland
- (a) Pituitary                        (b) Thyroid  
(c) Pineal                            (d) Thymus
9. How many groups of vertebrae
- (a) Two                                (b) Four  
(c) Five                                (d) Six
10. The theme of International conference organised on 21<sup>st</sup> and 22<sup>nd</sup> June 2016 was
- (a) Yoga for Health  
(b) Yoga for body and beyond  
(c) Yoga for holistic health  
(d) Yoga for harmony and peace

**Part B**

(5 × 5 = 25)

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

11. (a) Explain the function of tissues.

Or

- (b) Explain the function of involuntary muscles.

12. (a) Explain the axial bones.

Or

- (b) Explain the Fibrous joints.

13. (a) Explain the malnutrition and under nutrition.

Or

- (b) Explain the physiology of absorption.

14. (a) Explain the pharynx, Trachea, Larynx.

Or

- (b) Explain the transport of oxygen and transport of carbondioxide.

15. (a) Explain the composition of blood.

Or

- (b) Explain the cardiac output and cardiac cycle.

**Part C**

(5 × 8 = 40)

Answer any **five** questions.

16. Explain the mechanism of muscle contraction.

17. Explain the appendicular bones and synovial joints.

18. Explain the functions of Liver, Pancreas and Salivary glands.
  19. Explain the common respiratory disorder.
  20. Explain the organisation of systemic and pulmonary circulation.
  21. Explain the Nervous tissues.
  22. Explain the benefits of fat soluble and water soluble vitamins.
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**R6229**

**Sub. Code**

**724109**

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

**Third Semester**

**Yoga**

**YOGA AND HOLISTIC HEALTH**

**(CBCS – 2019 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 1 = 10)

Answer **all** questions.

1. The exhalation of breath is \_\_\_\_\_  
(a) Puraka                      (b) Rechaka  
(c) Kumbaka                  (d) Shunyaka
2. Aparigraha is part of \_\_\_\_\_  
(a) Yama                        (b) Niyama  
(c) Asana                        (d) Pranayama
3. Vayu located in the Navel region is \_\_\_\_\_  
(a) Prana                        (b) Apana  
(c) Samana                      (d) Vyana
4. Dhyana is the \_\_\_\_\_ limb of Ashtanga Yoga.  
(a) 2<sup>nd</sup>                              (b) 4<sup>th</sup>  
(c) 6<sup>th</sup>                              (d) 7<sup>th</sup>

5. Yoga is one of the \_\_\_\_\_
- (a) Ripus (b) Karmas  
(c) Darshana (d) Sampath
6. \_\_\_\_\_ is a upaprana vayu.
- (a) Naga (b) Kurma  
(c) Krikara (d) All the above
7. Ashtanga yoga has \_\_\_\_\_ limbs.
- (a) 84 (b) 16  
(c) 8 (d) 72
8. The lotus posture is \_\_\_\_\_
- (a) Padmasana (b) Virasana  
(c) Dandasana (d) Bhadrasana
9. "Sthiram \_\_\_\_\_ Asanam".
- (a) Dwandva (b) Prasanna  
(c) Sukham (d) Kaushalam
10. \_\_\_\_\_ yoga is given in Gherenda Samhita.
- (a) Chaturanga (b) Saptanga  
(c) Shadanga (d) Ashtanga

**Part B**

(5 × 5 = 25)

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

11. (a) Explain concept of Adhi and Vyadhi.

Or

- (b) Explain concept of holistic care through yoga.

12. (a) What is health according to WHO? Define and explain.

Or

- (b) Explain concept of health and disease in yoga.

13. (a) List out and explain the potential causes of mental ill-health.

Or

- (b) List and explain the potential causes of emotional ill-health.

14. (a) Explain the concepts of Shat Kriyas and Tatva Shuddhi.

Or

- (b) Explain the dietary regulation as given in Hatha Yoga and Bhagavad Gita.

15. (a) Explain ill effects of conflicts and frustration.

Or

- (b) Explain attitude change in Yoga through individual counselling.

**Part C**

(5 × 8 = 40)

Answer any **five** questions.

16. Explain philosophy of Karma Yoga in detail.
17. Explain about Asana and how it is used as a tool to harmonise mind, body and spirit.
18. Explain in detail the role of Shuddhi Prakriyas in preventive and curative health.

19. Explain in detail about Ghata Shuddhi and Prana Shuddhi.
  20. Explain Pancha Mahabhutas and their role in health and healing.
  21. Explain the yogic concept of body as given in Taitriya Upanishad.
  22. Explain the various dimensions of health and the concept of health and disease in yoga.
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**R6230**

**Sub. Code**

**724110**

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

**Third Semester**

**Yoga**

**METHODOLOGY OF YOGA TEACHING**

**(CBCS – 2019 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 1 = 10)

Answer **all** questions.

1. Components of Teaching includes Following
  - (a) What to teach
  - (b) Motivation through Teaching
  - (c) To teach Discipline
  - (d) Where to teach
2. Methodology of Teaching
  - (a) Instruction Method
  - (b) One to one Teaching
  - (c) Group teaching
  - (d) None of above

3. Yoga practice for beginners
- (a) Nadisudhi                      (b) Headstand
- (c) Halasana                      (d) None of above
4. Good Lesson plan
- (a) Simple Specific detailed
- (b) Have advanced asanas
- (c) Relaxation
- (d) None of above
5. Group plan in classroom system
- (a) Theory                      (b) Practical
- (c) Mixed                      (d) None of above
6. Goals of yoga Education
- (a) Wellbeing                      (b) Cultural
- (c) Physical                      (d) All above
7. Yoga Education Technology
- (a) Online Zoom                      (b) Wattsup
- (c) Meet Gogle                      (d) All above
8. Define Guru
- (a) Practioner                      (b) Preacher
- (c) Spectator                      (d) None of above



14. (a) Explain yoga Guru.

Or

(b) Explain methodology to teach yoga to children.

15. (a) Explain about Props used in yoga teaching

Or

(b) Explain Educational technology used in yoga teaching.

**Part C**

(5 × 8 = 40)

Answer any **five** questions.

16. Explain the levels and phases for yoga teaching.

17. Explain the components of effective yoga class.

18. Explain the steps in action research in yoga training.

19. How to use effectively library and other recourses for yoga education?

20. Explain the techniques of group yoga teaching.

21. Explain Traditional 9 Guru with examples.

22. Explain Role of Yoga teacher in the society.

**R6231**

**Sub. Code**

**724111**

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

**Third Semester**

**Yoga**

**Allied: FUNDAMENTALS OF NATUROPATHY**

**(CBCS – 2019 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 1 = 10)

Answer **all** questions.

1. Naturopathy refers to
  - (a) Medical treatments based on spinal manipulation to achieve proper alignment.
  - (b) The principle of “like cures like.”
  - (c) Creating a process that promotes the body’s ability to heal itself.
  - (d) An alternative medical system from India.
2. On what basis is a food classified as a functional food or nutraceutical?
  - (a) Must be low-fat
  - (b) Must provide health benefits beyond basic nutrition
  - (c) Must be low-calorie
  - (d) Must be able to be manufactured into a dietary supplement product

3. According to Ayurvedic theory, each person belongs to one of three body types known as
- (a) doshas
  - (b) biofields
  - (c) chakras
  - (d) meridians
4. Which alternative medical system addresses imbalances of qi (vital energy)?
- (a) Naturopathic medicine
  - (b) Chiropractic medicine
  - (c) Ayurveda
  - (d) Traditional Chinese Medicine
5. Complementary and alternative medicine (CAM) therapies focus on treating both the mind and the whole body, which means that CAM is part of a
- (a) conventional approach
  - (b) holistic approach
  - (c) psychological approach
  - (d) allopathic approach
6. Herbal remedies are available in all of the following forms EXCEPT
- (a) injectable solutions
  - (b) standardized extracts
  - (c) tinctures and teas
  - (d) freeze-dried extracts

7. Use of water for pain relief and treatment is known as
- (a) Chemotherapy
  - (b) Radiation therapy
  - (c) Immunotherapy
  - (d) Hydrotherapy
8. Willful refrainment from eating for a period of time \_\_\_\_\_
- (a) eating
  - (b) fasting
  - (c) feasting
  - (d) consumption
9. Rubbing and kneading of muscles and joints of the body with the hands, especially to relieve tension or pain is called as
- (a) Acupuncture
  - (b) Chromo bath
  - (c) Massage
  - (d) Magnet therapy
10. Magnetic therapy, also called as \_\_\_\_\_
- (a) Bioenergy therapy
  - (b) Acupressure
  - (c) Homeopathy
  - (d) Herbal Medicine

**Part B**

(5 × 5 = 25)

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

11. (a) State the meaning and definitions of Naturopathy.
- Or
- (b) Briefly comment the origin of Naturopathy.

12. (a) Write short notes on Pancha Mahabhutas.  
Or  
(b) Briefly state the role of mental hygiene and prevention of diseases.
13. (a) State the benefits of hydrotherapy.  
Or  
(b) Write short notes on de-toxification.
14. (a) State the types of diet in Naturopathy.  
Or  
(b) State the benefits of Massage
15. (a) Briefly comment on the uses of Magnet therapy.  
Or  
(b) Write short notes on acupressure.

**Part C**

(5 × 8 = 40)

Answer any **five** questions.

16. Explain the nature and fundamental principles of Naturopathy.
17. Elucidate the importance of physical and mental hygiene in prevention of diseases.
18. Elaborate the principles and types of fasting.
19. Comment on Naturopathy Diet.
20. Explain the different techniques of massage
21. Explain the procedure and benefits of acupuncture.
22. Explain the benefits precautions for the safe sun bath.



**R6232**

**Sub. Code**

**724115**

**B.Sc. (Yoga) DEGREE EXAMINATION,  
NOVEMBER – 2021**

**Fifth Semester**

**APPLIED PSYCHOLOGY AND YOGIC COUNSELLING**

**(CBCS – 2019 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 1 = 10)

Answer **all** the questions.

1. What is meant by psychology?
  - (a) Study of Human Mind
  - (b) Study of Human Scientific behaviours
  - (c) Study of Mind and Body
  - (d) Study of soul and mind
  
2. Nature of psychology
  - (a) Behaviour, emotion, understanding
  - (b) Perception, Observation, Analytic
  - (c) Observation, understanding, perception
  - (d) Cognitive, Analytic, Behaviour
  
3. Process of case History
  - (a) Observation, Identifying, Conclusion
  - (b) Identifying, Correcting, Conclusion
  - (c) Counselling, Identifying, Conclusion
  - (d) Counselling, Understanding, Conclusion

4. Anxiety Disorders (root cause)
  - (a) Trauma, Low self esteem
  - (b) Tension, stress
  - (c) Ego, low esteem
  - (d) Shaking, fear
  
5. Mental Retardation
  - (a) Rude and Abuse Nature
  - (b) Ability to Manipulate
  - (c) Intellectual disability
  - (d) Problems in reading
  
6. Aquaphobia
  - (a) Fear of water
  - (b) Fear of fluids
  - (c) Fear of ice crystals
  - (d) Fear of ocean
  
7. Importance of counselling
  - (a) Analytic, observing
  - (b) Empathy, Cohesion
  - (c) Co-ordination, sympathy
  - (d) Prevention, understanding
  
8. Shatkarma
  - (a) Kriya, Neti
  - (b) Sauccha, Basti
  - (c) Kriya, Yoga, Basti
  - (d) Neti, Basti

9. Sakasrara chakra has
- (a) 1000 petals
  - (b) more than 1000 petals
  - (c) numerous petals
  - (d) none of them
10. Name three Nadies
- (a) Grigakara, Ida, Pingala
  - (b) Ida, Sushumna, Pingala
  - (c) Koorma, Naga, Pingala
  - (d) Sushumna only

**Part B**

(5 × 5 = 25)

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

11. (a) Explain the nature and need of psychology.

Or

- (b) Explain the branches of psychology.

12. (a) Explain the psycho somatic disorder.

Or

- (b) Explain the personality disorders.

13. (a) Describe conduct disorders.

Or

- (b) Describe Learning disability.

14. (a) Explain the philosophy and yogic counselling.

Or

- (b) Write about the secret of karma yoga.

15. (a) Explain the Manipuraka chakras.

Or

(b) Explain the swadishtana chakra.

**Part C**

(5 × 8 = 40)

Answer any **five** questions.

16. Describe the Yogic practices for Nadis and Chakras.
17. Describe the Diagnostic clarification of mental and behavioural disorders.
18. Describe the stress and Anxiety disorders.
19. Describe the Attention Deficit disorders and Hyperactivity.
20. Describe the psycho-physiological effects of shatkarma and meditation.
21. Discuss about the Yogic practices for various professional.
22. Describe the yogic methods yoga psychology for adjustment.

**R6233**

**Sub. Code**

**724116**

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

**Fifth Semester**

**Yoga**

**YOGIC MANAGEMENT OF LIFESTYLE RELATED  
DISORDERS**

**(CBCS – 2019 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 1 = 10)

Answer **all** the questions.

1. Which of the following is well defining the stress?
  - (a) Feeling of emotional or physical tension
  - (b) Feeling of nervousness
  - (c) Feeling of negative emotions
  - (d) All of the above
  
2. The scientist who discovered M.tuberculosis was,
  - (a) Louis Pasteur
  - (b) Robert Koch
  - (c) Jean-Antone Villemin
  - (d) Calmette K Gyerin

3. Which of these is a cause of heart disease
- (a) Stroke
  - (b) Arthritis
  - (c) Thickening of the inside of the arteries
  - (d) None of the above
4. At what point is Blood pressure considered
- (a) 120 over 80            (b) 130 over 80
  - (c) 140 over 90            (d) 210 over 120
5. Which is not a symptom of diabetes
- (a) Itchy skin
  - (b) Thirst
  - (c) Frequent urination
  - (d) Muscle pain
6. Insulin is a natural hormone secreted by which organ or gland?
- (a) The kidneys            (b) The liver
  - (c) The pancreas            (d) The spleen
7. Symptoms of premenstrual syndrome can be confused with
- (a) Painful menstrual cramps (dysmenorrhea)
  - (b) Fibrocystic breast changes
  - (c) Depression
  - (d) All of the above

8. Which of these hormones is thought to play a role in premenstrual syndrome?  
(a) Serotonin (b) Progesterone  
(c) Estrogen (d) All of the above
9. At what age does menopause typically begin?  
(a) 40 (b) 45  
(c) 51 (d) 55
10. Which of the viruses below causes cancer resulting from chronic infection?  
(a) Herpes Simplex Viruses (HSV)  
(b) Human Papilloma Virus (HPV)  
(c) Hepatitis B Virus (HBV)  
(d) Answers (b) and (c) both

**Part B**

(5 × 5 = 25)

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

11. (a) Explain the medical and yogic management of Chronic Bronchitis.

Or

- (b) Explain the Adhi Vyadhi concept.

12. (a) Explain the cardiovascular disorders.

Or

- (b) Explain the medical and yogic management of Hypertension.

13. (a) Explain the medical and yogic management of Hypo thyroidism.

Or

- (b) Explain the medical and yogic management of Hyper thyroidism.

14. (a) Explain the medical and yogic management of Dysmenorrhoea.

Or

- (b) Explain the medical and yogic management of oligomenorrhoea.

15. (a) Explain the medical and yogic management of peptic ulcers.

Or

- (b) Explain the medical and yogic management of constipation.

**Part C**

(5 × 8 = 40)

Answer any **five** questions.

16. Describe the classification, restrictive and infections of Bronchial Asthma.
17. Describe the classification, restrictive and infections of Allergic Rhinitis and sinusitis.
18. Describe the classification, restrictive and infections of myocardial infraction.
19. Write about the classification, clinical features, medical and yogic management of obesity.
20. Describe the yoga for anti-natal care and post natal care.
21. Describe the medical and yogic management of menopause and pre-menopause syndrome.
22. Write the causes, types and side effects of chemotherapy and radio therapy.
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R6413

Sub. Code

724117

**B.Sc. DEGREE EXAMINATION, NOVEMBER - 2021**

**Fifth Semester**

**Yoga**

**YOGA AND MENTAL HEALTH**

**(CBCS - 2019 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part - A**

(10 X 1 = 10)

Answer **all** questions.

1. The word "yuj" means

- A) To Yoke  
B) To Join  
C) To Unite  
D) All of these.

2. Stabilize and focus the mind on one object, image, sound is

- A) Dharana  
B) Dhyana  
C) Samadhi  
D) Pratyahara.

3. Yoga Consist of \_\_\_\_\_ Components

- A) Six  
B) Four  
C) Eight  
D) Nine.

4. The word "Yoga" is derived from

- A) Latin  
B) Urdu  
C) Sanskrit  
D) Tamil.

5. \_\_\_\_\_ help in the healthy functioning of the organism

- A) Asanas  
B) Pranayama  
C) Mudras  
D) None.

6. A mentally healthy individual has

- A) Independent personality  
B) Comfortable placing in social hierarchy  
C) A purposeful life  
D) All the above.

7. Social therapy of mental illness is required for

- A) Treatment of psychosis  
B) Maintenance of community health  
C) Rehabilitation of mentally ill persons  
D) Prevention of addiction.

8. Mental health is a state of development of one's

- A) Personality  
B) Emotional attitude  
C) Both A and B  
D) Intellect.

9. The art of practicing yoga helps in controlling an individual's \_\_\_\_\_

- A) Mind  
B) Soul  
C) Body  
D) All the above.

10. Community health aims

- A) Care of the infants old  
B) Care of infirm  
C) Improvement of health of all  
D) Improvement of health of children.

**Part -B**

(5 X 5 = 25)

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

11. (a) Explain the Importance of mental health.

Or

(b) Discuss about emotions.

12. (a) Write the Sign and symptoms of Delirium.

Or

(b) Discuss about the Amnestic Disorders.

13. (a) Explain the Sign and symptoms of Antisocial.

Or

(b) Discuss about the Obsessive-Compulsive.

14. (a) Explain the Bhagwadgita for promoting mental Health.

Or

(b) Discuss about the Paranoid, Narcissistic Disorders.

15. (a) Write about the history of Massage.

Or

(b) Briefly explain scope and principles of massage.

**Part - C**

(5 X 8 = 40)

Answer any **Five** questions.

16. Explain the Yogic Perspective of Mental Health.
  17. Discuss about the Personality Disorders.
  18. Narrate the Eating and Histrionic Disorders .
  19. Narrate the need of Spiritual Growth for Mental Health.
  20. Explain the Yogic Concepts and Techniques in Patanjala Yoga Sutra.
  21. Write about the types of Massages.
  22. Explain the Sign and symptoms Schizophrenia and Other Psychotic Disorders.
- \_\_\_\_\_

**R6234**

**Sub. Code**

**724118**

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

**Fifth Semester**

**Yoga**

**YOGIC DIET AND NUTRITION (E)**

**(CBCS – 2019 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 1 = 10)

Answer **all** questions.

1. Food : water : Empty proposition in mitahara is
  - (a) 1:2:3
  - (b) 2:1:3
  - (c) 2:1:1
  - (d) 1:2:1
2. Which one is not a taste
  - (a) Tikta
  - (b) Mudga
  - (c) Katuke
  - (d) amla
3. Yava means
  - (a) wheat
  - (b) green gram
  - (c) Barley
  - (d) Rock salt

4. Which one is Kapha aggravating food
- (a) Apples and pears
  - (b) Sour and unripe fruit
  - (c) Figs and raisins
  - (d) Sweet and juicy fruit
5. Insoluble fiber found in
- (a) Oats
  - (b) Peas
  - (c) Whole wheat flour
  - (d) Beans
6. Which one is not a micronutrient
- (a) Omega fats      (b) Trans fat
  - (c) Niacin          (d) Vitamin A
7. Which one is carbohydrates
- (a) Saccharides      (b) Carbohydrates
  - (c) Amino acids      (d) lipids
8. 'Stress' weakens your
- (a) Heart and Brain    (b) Kidney
  - (c) Lungs              (d) Liver
9. Which is not a Tamasic food
- (a) beef                (b) Fish
  - (c) Tobacco          (d) Garlic



15. (a) Explain briefly about the Characteristics of Rajasic and Tamasic food.

Or

- (b) Write a short notes on “Harmful foods”.

**Part C**

(5 × 8 = 40)

Answer any **five** questions.

16. Explain in detail about the “Ahar vidhi Vidham” (dietary rules).
17. Write about the classification of Nutrients in detail.
18. Explain in details about the principles of yogi diet.
19. Explain the importance of diet for a yogi practitioner.
20. Write in details about the different types food stuffer.
21. Explain the detail about the Rasa, Virya, Guma, Vipaka of any four food items.
22. Explain the significance of carbohydrates of proteins in details.