

R6942

Sub. Code

813201

M.Sc. (Yoga) DEGREE EXAMINATION, APRIL – 2022

Second Semester

SCIENTIFIC APPROACH OF YOGA

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

All questions carry equal marks

1. Name the three main types of epithelial tissue.
2. Define cell.
3. What is Bandha?
4. What is the meaning of the word 'Yoni'?
5. What is Jal Neti?
6. List the steps involved in performing sutra Neti.
7. What are the precautions need that to be taken while practicing Jala Basti?
8. State three psychological benefits of yoga.
9. State some benefits of Pranayama.
10. List the five divisions of spine.

Part B

(5 × 5 = 25)

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

All questions carry equal marks

11. (a) Explain the effect of Yogasanas on digestive system.

Or

- (b) Explain how yoga helps to strengthen the functioning of bones and joints.

12. (a) Explain the physiological benefits of Viparitakarani Mudra.

Or

- (b) Explain the physiological benefits of Maha bandha.

13. (a) Identify the difference between Jal Neti and Sutra Neti.

Or

- (b) Discuss the technique and physiological benefits of Vyaghra kriya.

14. (a) Name the seven charkas and explain its importance.

Or

- (b) Explain the need and importance of Nadis.

15. (a) Analyze the biochemical changes observed through yoga.

Or

- (b) Explain the types and methods of meditation.

Part C

(3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks

16. Briefly explain the effect of yoga on respiratory system.
 17. What are Shatkarma and its various element? Discuss.
 18. Explain the procedure for performing Vasta Dhauti and also outline the precautions that must be taken.
 19. Discuss the seven-point meditation posture.
 20. How the functions of brain related to Pranayama? Discuss.
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R6943

Sub. Code

813202

M.Sc. (Yoga) DEGREE EXAMINATION, APRIL – 2022

Second Semester

APPLIED YOGA IN MODERN LIFE

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

All questions carry equal marks

1. Meaning of health
2. Define physical fitness
3. Meaning of physical education
4. Explain about prayer
5. What do you mean by positive hygiene?
6. Meaning of yoga
7. Define strain
8. Define simplicity
9. What do you mean by personality?
10. Anxiety.

Part B

(5 × 5 = 25)

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

All questions carry equal marks

11. (a) Explain in detail criteria of health.

Or

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

12. (a) How the physical education and sports relate to physical fitness? Discuss in detail.

Or

(b) Explain in detail about characteristics of health personality.

13. (a) Stress responses Vs cultivation of relaxation response explain in detail.

Or

(b) Write a brief note on Nadi purification

14. (a) Discuss about Sharadda.

Or

(b) Explain side effects of artificial stimulant uses.

15. (a) How yoga influence on personality development?

Or

(b) Explain role of yoga on social adjustment.

Part C

(3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks

16. Explain the concept of positive health in detail.
 17. Briefly explain the characteristics of health personality.
 18. Yoga as a therapy explains in detail.
 19. Explain the yoga on executive's problems in detail.
 20. Explain the role of yoga on social qualities development.
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R6944

Sub. Code

813203

M.Sc. (Yoga) DEGREE EXAMINATION, APRIL – 2022

Second Semester

YOGIC PRACTICES AND SOCIAL VALUES

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. Meaning of Karna pidasana.
2. Steps of Utthitha padmasana
3. Define pranayama
4. Meaning of Nadishudhi.
5. Meaning of Bandhas
6. What do you mean by Yoga Mudra?
7. Meaning of happiness
8. Meaning of Mediation.
9. Define Empathy.
10. What do you mean by stress?

Part B

(5 × 5 = 25)

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

All questions carry equal marks.

11. (a) Explain the procedure for Vatayanasana.

Or

- (b) Name any four sitting asanas and two advanced asanas and explain its benefits.

12. (a) Explain Nadisuddi Pranayama.

Or

- (b) State the contra-indications for Kapalabathi.

13. (a) Write note on Trataka.

Or

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

14. (a) Explain the Sugana meditation.

Or

- (b) What is positive thinking? How will you improve it though yogic practice?

15. (a) Write short notes on empathy.

Or

- (b) Briefly explain the guidelines of preparing a lesson plan in yoga.

Part C

(3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks

16. Write short notes on: (a) Garudasana (b) Padma Mayurasana (c) Marichyasana (d) Sethu baudha sarvangasana (e) Eka Pada Chakrasana
 17. Describe the parts of lesson plan.
 18. Explain the Holistic health care positive thinking.
 19. Discuss in detail about Living values, Co-operation and responsibility, Simplicity, Tolerance and Humility.
 20. In which way yogasana, pranayama, kriyas, mudras and bandhas used for living a disease less long life. Discuss.
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R6945

Sub. Code

813502

M.Sc. (Yoga) DEGREE EXAMINATION, APRIL – 2022

Second Semester

**INTRODUCTION TO PSYCHOLOGY AND
COUNSELLING**

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

All questions carry equal marks

1. Why is psychology important?
2. Define mental retardation.
3. Define attention
4. Define perception
5. List the various stages of memory
6. List the various factors that influence learning.
7. What you mean by cognition.
8. Define emotion.
9. List out the types of brain.
10. List the pairs of cranial nerve.

Part B

(5 × 5 = 25)

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

All questions carry equal marks

11. (a) Write a brief note on Ethics in Psychological Research.

Or

- (b) Explain the basic feature of nervous system.

12. (a) Discuss in details about observation learning.

Or

- (b) Write a comprehensive note on various modes of memory.

13. (a) Elucidate the factors influencing perception.

Or

- (b) Write a short note on Top-down and Bottom-up process in perception.

14. (a) Explain deductive and inductive reasoning.

Or

- (b) Explain in detail modularity hypothesis and Whorfian hypothesis.

15. (a) Write a brief note on clinical theories.

Or

- (b) Write a brief note on the peripheral nervous system. (PNS).

Part C

(3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

16. Explain the types of research methods in psychology.
 17. Explain the Neisser's model perception.
 18. Explain various network models used to represent the knowledge.
 19. Explain theories of Motivation in detail.
 20. Discuss in detail the spinal cords structure and function in nervous system.
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R6946

Sub. Code

813401

M.Sc. DEGREE EXAMINATION, APRIL – 2022

Fourth Semester

Yoga

PRINCIPLES OF YOGIC THERAPY

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** the questions.

1. What is Yogic Therapy?
2. Write down about Ayurveda therapy.
3. Write down about chronic diseases.
4. Write down the importance of meditation.
5. Write down any four yogic exercises to improve function of cognitive domain.
6. What is Hatha yoga pradipika?
7. What is mental health?
8. Importance of KAPALABHATI.
9. Importance of Pranayama.
10. Write any two suitable yogic exercise for constipation.

Part B

(5 × 5 = 25)

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

11. (a) Write about Thirumulanar.
Or
(b) Write down about yogic diet.
12. (a) Explain Autonomic dysfunctions.
Or
(b) Explain migraine headache.
13. (a) Explain about for Psychological Reconditioning.
Or
(b) Explain theories of Steven F. Brena in Yoga Therapy.
14. (a) Explain about Vasistha.
Or
(b) Explain psychological attitudes.
15. (a) Explain about Parkinson's disease.
Or
(b) Yoga and its relations with Naturopathy and Siddha medicine.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Explain the contribution of Padmashri Dr. K.N. Udupa in the field of yoga and Ayurveda therapy.
17. Explain kinds of diseases and role of yogic exercises on them.

18. Define hypertension and explain how to control hypertension.
 19. Explain basic principles of yogic therapy.
 20. What is stress disorder and explain four phases of stress disorders?
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