

**R7453**

**Sub. Code**

**813301**

**M.Sc. DEGREE EXAMINATION, NOVEMBER – 2022**

**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 positive health.
2. What is mean by hatha yoga?
3. Define healthy personality.
4. Write about Mind.
5. Define raja yoga.
6. Define prayer.
7. Write about positive focus.
8. What is mean by stress?
9. What is mean by nadis?
10. Define emotion.

**Part B**

(5 × 5 = 25)

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

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

Or

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

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

Or

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

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

Or

- (b) Explain the shraddha and their techniques.

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

Or

- (b) Explain the healthy and happiness through yogic practices.

15. (a) Explain the facilitate natural emotion of wastes.

Or

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

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Briefly describe the concept of positive health according to WHO.
  17. Elaborate the characteristics of healthy personality according to Gita.
  18. Describe the purification of nadis cultivation of correct psychological attitudes.
  19. Explain the role of Astanga yoga in the development of positive health.
  20. How to improve the flow of healing practice life energy.
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**R7454**

**Sub. Code**

**813302**

**M.Sc. DEGREE EXAMINATION, NOVEMBER – 2022.**

**Third Semester**

**Yoga**

**PRINCIPLES OF HATHA YOGA**

**(CBCS – 2019 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** the questions.

1. Define yoga.
2. Define nada yoga.
3. Define kriyas.
4. Write about kabalapathi.
5. What is mean by mitahara?
6. What is mean by raja yoga?
7. Write about yoga sadhana.
8. Define mudras.
9. What is mean puraka?
10. What is mean dhyana?

**Part B**

(5 × 5 = 25)

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

11. (a) Describe the hatha yoga according to Gheranda Samhita.

Or

- (b) Explain the sukhshmvayama yogic technique.

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

Or

- (b) Describe the hatha yoga Pradipika massages.

13. (a) Explain the concept of Pathya and Apathya.

Or

- (b) Elaborate the dos and dont's followed by the hatha yoga practitioner.

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

Or

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

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

Or

- (b) Explain the types of dharanas in Gheranda Samhita and their benefits.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Briefly explain the definition, aims and objective of hatha yoga.
  17. Explain the classification of satkarmas according to gherandsamhita.
  18. Describe the origin of hatha yoga and their important.
  19. Explain the pranayama techniques and their benefits.
  20. Describe the concept of pratyahara in gheranda Samhita and their techniques and benefits.
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**R7455**

**Sub. Code**

**813503**

**M.Sc. DEGREE EXAMINATION, NOVEMBER – 2022**

**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 human brain.
2. Define pure Consciousness.
3. Short note on Upanishads.
4. Write about mind.
5. What is mean by avidya?
6. Define Asmita.
7. Define samadhi.
8. Define cognitive.
9. Short note on Core values.
10. Short note on Meditation.

**Part B**

(5 × 5 = 25)

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

11. (a) Describe the evolution of consciousness in human brain.

Or

- (b) Explain the gate control theory of Melzack of human.

12. (a) Explain the Cosmic consciousness and Collective unconscious through yogic practices.

Or

- (b) Explain the Individual unconscious and State of consciousness in human psychology.

13. (a) Explain the modern correlates of states of consciousness through yogic life style.

Or

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

14. (a) Describe the human psychology through yogic meditation.

Or

- (b) Explain the yoga realization of pure consciousness.

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

Or

- (b) Describe the emotional intelligence according to astangayoga.



**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 yogic training according to yogic cognitive psychology of samadhi state.
  20. Elaborate the developing your sense and core values through yogic techniques.
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