

R7796

Sub. Code

813101

M.Sc. DEGREE EXAMINATION, NOVEMBER – 2022

First Semester

Yoga

SCIENTIFIC BASIS OF YOGA

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

All questions carry equal marks.

1. _____ the smallest structural and functional unit of an organism.
(a) Cell (b) Tissue
(c) Organ (d) Organ System
2. The cerebrum is the _____.
(a) Hind brain
(b) Front Brain
(c) Spinal cord
(d) Central Nervous System
3. A _____ includes foods from five groups and fulfils all of a person's nutritional needs.
(a) Balanced diet (b) Nutrition
(c) Dietetics (d) Fasting

4. _____ includes: feeling in control of your life and personal decisions being able to cope with life's challenges and stresses.
- (a) Emotion
 - (b) Positive mental health
 - (c) Intelligence
 - (d) Braveness
5. In psychology, _____ is a common emotional response to opposition, related to anger, annoyance and disappointment.
- (a) Aggression
 - (b) Frustration
 - (c) Stress
 - (d) Anxiety
6. _____ refers to the deliberate state of spiritual calm and the potential of stressors such as the burden arising from pretending to perform at an optional level with a positive mind.
- (a) Mental Peace
 - (b) Motivation
 - (c) Stress
 - (d) Aggression
7. _____ is defined as the condition of your body, taking into consideration everything from the absence of disease to fitness level.
- (a) Mental Health
 - (b) Emotional Health
 - (c) Chronic Disease
 - (d) Physical Health
8. _____ is the ability to successfully handle life's stresses and adapt to change and difficult times
- (a) Emotional Wellbeing
 - (b) Aggression
 - (c) Cohesion
 - (d) Conflicts

9. _____ is the study of ideas and beliefs about the meaning of life.
(a) Psychology (b) Philosophy
(c) Sociology (d) Physiology
10. Swami _____ was a yoga guru, researcher, and educator primarily known for his pioneering research into the scientific foundations of yoga.
(a) Kuvalayananda (b) Vivekananda
(c) Nammalvar (d) Vedhathiri

Part B (5 × 5 = 25)

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

All questions carry equal marks.

11. (a) Write short notes on Harmonious health.
Or
(b) Write short notes on Endocrine Glands.
12. (a) Briefly explain food habits required for Yoga.
Or
(b) Spell out the modern concepts of mental health.
13. (a) Write short notes on importance of mental power in human life.
Or
(b) Describe the methods of tackling the common conflicts.
14. (a) Briefly explain the importance of yoga in promotion of mental clarity.
Or
(b) How would you generalize subjective experience in objective research in Yoga?

15. (a) What are the possible outcomes of any two research institutions in India?

Or

- (b) Can you brainstorm better solution for the appropriate measurements and correct interpretation of research in yoga?

Part C (5 × 8 = 40)

Answer any **five** questions.

All questions carry equal marks.

16. Discuss the primary importance of nervous system in Yoga.
17. Enumerate the influence of yoga practices on respiratory and digestive system.
18. Explain your inference about role and importance of mind according to yoga.
19. Enlist the criteria used in applied research in yoga and modern sophisticated instruments used in yoga.
20. Discuss the modern research methods aspects of yoga.
21. Explain the yogic methods of developing good health.
22. Enumerate Physical Culture and Meditational Practices.
23. Illustrate the yogic techniques for the development of good mental hygiene.

R7797

Sub. Code

813102

M.Sc. DEGREE EXAMINATION, NOVEMBER – 2022

First Semester

Yoga

RESEARCH METHODOLOGY IN YOGIC PRACTICE

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

All questions carry equal marks

1. _____ is a detailed and careful study of something to find out more information about it.
 - (a) Research
 - (b) Statistics
 - (c) Qualitative Research
 - (d) Case Study

2. _____ are experiments carried out outside of laboratory settings.
 - (a) Field experiments
 - (b) Case Study
 - (c) Philosophical
 - (d) Physical

3. The _____ method primarily focuses on describing the nature of a demographic segment, without focusing on “why” a particular phenomenon occurs.
- (a) Case Study
 - (b) Normative Study
 - (c) Descriptive research
 - (d) Experimental Study
4. _____ is a specific type of research that involves critical thinking skills and the evaluation of facts and information relative to the research being conducted.
- (a) Analytical research
 - (b) Case Study
 - (c) Descriptive research
 - (d) Cohort Study
5. _____ is defined as a closed-ended survey question used to represent respondent feedback.
- (a) ‘Rating Scale’ (b) Google Form
 - (c) Observation (d) Analytical research
6. _____ are physical or digital questionnaires that gather both qualitative and quantitative data from subjects.
- (a) Case History
 - (b) Surveys
 - (c) Laboratory Research
 - (d) Quasi Studies

7. Relates to the relationship between one's internal (psychic) and external (physical) worlds.
(a) Psycho (b) Physical
(c) Mental (d) Psychophysical
8. A _____ is a research approach that is used to generate an in-depth, multi-faceted understanding of a complex issue in its real-life context.
(a) Case Study
(b) Normative Study
(c) Descriptive research
(d) Experimental Study
9. _____ is when blood pressure is too high.
(a) Hypotension (b) Hypertension
(c) Ventilation (d) Vital Capacity
10. The _____ variable is the cause.
(a) Dependent (b) Independent
(c) Relative (d) Concurrent

Part B

(5 × 5 = 25)

Answer **all** questions.

All questions carry equal marks.

11. (a) Write short notes on nature of research in yoga.

Or

- (b) Write short notes on scope of research in yoga.

12. (a) Briefly explain methods of qualitative research.

Or

- (b) Write short notes on few laboratory experiments in yogic research.

13. (a) Describe Questionnaire as tool for data collection.

Or

(b) Describe scaling techniques in research.

14. (a) Briefly explain the methods of case study on organizational profiles.

Or

(b) Justify 'Critical Thinking Continuum' in Philosophical research.

15. (a) Describe the parameters to be recorded for Obesity.

Or

(b) Write short notes on methods of testing hypothesis.

Part C

(5 × 8 = 40)

Answer any **five** questions.

All questions carry equal marks.

16. Discuss the relationship of research to yoga and limitations of yoga research with examples.
17. Explain the types of research in Yoga with examples.
18. Discuss the methods of data collection in yogic research.
19. Enlist Planning of research project and design of study; with suitable illustrations.
20. Find out Mean, Median and mode for: 12, 10, 18, 20, 12, 16, 10, 8, 12, 14.
21. Discuss the need for scientific research to prove the effectiveness of Yoga.
22. Write a model research proposal for a Case study on an Institution of Yoga.
23. Explain the Thesis/Dissertation format for research report in the field of Yoga.

R7798

Sub. Code

813103

M.Sc DEGREE EXAMINATION, NOVEMBER – 2022

First Semester

Yoga

ANATOMY AND PHYSIOLOGY

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

All questions carry equal marks.

1. A _____ is a group of cells, in close proximity, organized to perform one or more specific functions.
(a) Tissue (b) Cell
(c) Organ (d) Organism
2. The vertebrae surround and protect the
(a) Brain (b) Spinal cord
(c) Scapula (d) Skull
3. _____ are the muscles line the heart walls.
(a) Skeletal (b) Cardiac
(c) Smooth (d) Nerve Cell
4. _____ is the force of blood pushing against the walls of arteries.
(a) Blood Pressure (b) Osmosis
(c) Second Wind (d) Vital Capacity

5. _____ is the chemical reactions in the body's cells that change food into energy.
- (a) Osmosis (b) Metabolism
(c) Vital Capacity (d) External Respiration
6. The _____ gland is no larger than a pea, and is located at the base of the brain.
- (a) Pituitary (b) Thyroid
(c) Thymus (d) Adrenal
7. _____ is the scientific study of how living things function.
- (a) Anatomy (b) Psychology
(c) Physiology (d) Anthology
8. _____ is a temporary oxygen shortage in the body tissues arising from exercise.
- (a) Oxygen Debt (b) Osmosis
(c) Second Wind (d) Degeneration
9. _____ is a state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities.
- (a) Physical fitness (b) Mental peace
(c) Mental Fitness (d) Emotional Quotient
10. _____ senses detect touch, pain pressure, temperature, and tension on the skin and in internal organs.
- (a) Somatic (b) Spatial
(c) Spiritual (d) Aesthetic

Part B

(5 × 5 = 25)

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

All Questions carry equal marks.

11. (a) Write short notes structure of Cell.

Or

- (b) Describe gender difference in human skeleton.

12. (a) Briefly explain mechanism of respiration.

Or

- (b) Write short notes on properties of heart muscle.

13. (a) Describe structure of Kidney with a diagram.

Or

- (b) List down the functions of Autonomic Nervous System.

14. (a) Briefly explain the terms 'Second Wind and Vital Capacity'.

Or

- (b) Illustrate Neuromuscular Junction.

15. (a) Briefly explain the terms 'Conditioning and Fatigue'.

Or

- (b) List down the effect of exercise on muscular system.

Part C

(5 × 8 = 40)

Answer any **five** questions.

All Questions carry equal marks.

16. Enumerate the functions of human skeleton.
17. Draw a neat diagram of Respiratory Passage and explain its structure.
18. List down endocrine glands and explain the functions of any two glands in detail.
19. Enlist the composition and properties of skeletal muscles.
20. Appraise the effect of training on cardiovascular system.
21. Explain Receptors and Sensations with reference to Special Senses.
22. Draw neat diagram of Reflex arc and explain its functions.
23. Explain the mechanism of Blood Clotting.

R7799

Sub. Code

813501

M.Sc. DEGREE EXAMINATION, NOVEMBER – 2022

First Semester

Yoga

FUNDAMENTALS OF YOGA EDUCATION

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

All questions carry equal marks.

1. _____ is Yoga for Action.
(a) Karma (b) Bhakthi
(c) Raja (d) Gnana
2. Renunciation of desires leads to _____.
(a) Vasana-Kshaya (b) Vast
(c) Tantra (d) Hatha
3. Buddhism also known as _____.
(a) Dharmavinaya (b) Vasana-Kshaya
(c) Jainism (d) Hinduism
4. The name Jainism derives from the Sanskrit verb ji meaning _____.
(a) To cooperate (b) To give peace
(c) To attain samathi (d) To conquer

5. _____ is the instruments of a person's direct perception of the outside world.
- (a) Suptha (b) Indriya
(c) dhathus (d) Prana
6. Panchakoshas are the layers of body that seemingly cover the _____.
- (a) Atman (b) Mind
(c) Internal Organ (d) Vital Organs
7. _____ is the state of being able to see, hear, feel. etc..
- (a) Sensible (b) Motivated
(c) Consciousness (d) Chakras
8. _____ indicates with a great deal of breath.
- (a) Indriya (b) Suptha
(c) Dhathus (d) Mahaprana
9. Health is a state of complete physical, mental and social well-being and not merely the absence of disease or _____.
- (a) Infinity (b) Infertility
(c) Infirmary (d) Insanity
10. The meaning of _____ is to cast light.
- (a) Pradipika (b) Pranayama
(c) Shampita (d) Malas

Part B

(5 × 5 = 25)

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

11. (a) Write short notes on Raja Yoga.

Or

- (b) Describe 'Kundalini Yoga'.

12. (a) Briefly explain 'SHAT Dharsanas'.

Or

- (b) Write short notes on 'Tantras'.

13. (a) Describe 'Pancha Puthas'.

Or

- (b) Briefly explain three gunas.

14. (a) Briefly explain the term 'Cosmic Power'.

Or

- (b) Illustrate five states of consciousness.

15. (a) Briefly explain the term 'Homeostasis'.

Or

- (b) Describe common diet in yogic system.

Part C

(5 × 8 = 40)

Answer any **five** questions.

16. Enumerate the misconceptions of Yoga and need for Yoga for the present era.
17. Discuss the yoga history though Indus Valley civilization.

18. Explain the relationship with the human body and Suptha Dhathus.
 19. Evaluate the relationship between positive health and Yogic System.
 20. Enlist Western influence and modern renaissance in yoga.
 21. Explain the major Yogic Concepts from any one of the Tamil Siddhars Yogic Scripture.
 22. Explain the limbs of Astanga Yoga in detail.
 23. Explore the application of yogic methods in health and educational sectors.
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