

**R7438**

**Sub. Code**

**724109**

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

**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. Vishuddha chakra is located in
  - (a) base of spine
  - (b) navel
  - (c) throat
  - (d) heart
2. Cleansing systems to purify body is \_\_\_\_\_
  - (a) Shatkriyas
  - (b) Shat Darshana
  - (c) Shat Sampath
  - (d) Shat ripus
3. Kumbhaka is \_\_\_\_\_ of breath
  - (a) Inhalation
  - (b) Holding
  - (c) Exhalation
  - (d) None
4. Withdrawal of senses is \_\_\_\_\_
  - (a) Asana
  - (b) Pranayama
  - (c) Prathyahara
  - (d) Dharana

5. \_\_\_\_\_ chakra is manipura  
(a) 6<sup>th</sup> (b) 5<sup>th</sup>  
(c) 4<sup>th</sup> (d) 3<sup>rd</sup>
6. Hathayoga pradipika deals with \_\_\_\_\_ yoga.  
(a) shadanga (b) chaturanga  
(c) panchanga (d) saptanga
7. Apana is one of the \_\_\_\_\_  
(a) Pranavayu (b) Upapranavayu  
(c) Asana (d) Pranayama
8. Asteya belongs to \_\_\_\_\_  
(a) Niyama (b) Asana  
(c) dharana (d) Yama
9. The most important kumbaka as given in Hatha yoga is –  
\_\_\_\_\_  
(a) Antara (b) Bahira  
(c) Kevala (d) None
10. Ashtanga yoga was given by \_\_\_\_\_  
(a) Thirumoolar (b) Patanjali  
(c) Lord shiva (d) Nandi deva

**Part B** (5 × 5 = 25)

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

11. (a) Explain the different dimensions of health.  
Or  
(b) Explain the importance of health according to WHO.

12. (a) Explain the yogic concept of body as given in Taitriya upanishad.

Or

(b) Explain Trigunas and their role in health and healing.

13. (a) Explain karma shuddhi with reference to Yama and Niyama.

Or

(b) Explain role of antarayas in mental and emotional health.

14. (a) Explain mental health and hygiene in yoga.

Or

(b) Explain about integration of psycho-social implications of yoga in personality of man.

15. (a) What are the yogic methods for adjustments as per yoga psychology? Explain.

Or

(b) Explain yogic methods in tackling ill effects of conflict and frustration.

**Part C**

(5 × 8 = 40)

Answer any **five** questions.

16. Explain in detail about holistic care in all dimensions through yoga.

17. Explain concepts of pancha koshas and shat chakra and their role in health and healing.

18. Describe the role of dharana and dhyana in approaching Manas, Buddhi, Ahamkara and chitta.

19. Explain the physical and physiological manifestation of disease with reference to antaraayas.
  20. Explain the potential causes of mental and emotional ill-health.
  21. Explain in detail the role of shuddhi prakriyas in preventive and curative health.
  22. Explain the concept of karma yoga in relation to unattached action and equanimity in success and failure.
-

**R7439**

**Sub. Code**

**724110**

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

**Third Semester**

**Yoga**

**METHODOLOGY OF YOGA TEACHING**

**(CBCS – 2019 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 1 = 10)

Answer **all** the questions.

1. Shishya  
(a) Deciple                      (b) Valaur  
(c) Actor                        (d) God
2. Mumuksha  
(a) Salvation                    (b) Freedom  
(c) Segregation                (d) Flying
3. Basic Ratio of Pranayama  
(a) 1:2:3                        (b) 1:5:1  
(c) 1:4:2                        (d) 2:3:4
4. Yoga teacher  
(a) Guru                         (b) Acharya  
(c) Practioner                  (d) All above

5. Kapalabathi
- (a) Power of Pranayama
  - (b) Kriya
  - (c) Nadi
  - (d) Sangalpa
6. Research
- (a) Process of Innovation
  - (b) Way of life
  - (c) Facility
  - (d) Problem
7. Yoga sutra
- (a) Patanjali
  - (b) Bogar
  - (c) Valmeegi
  - (d) Chythanya
8. Yoga class room must have
- (a) Mat
  - (b) Towel
  - (c) BedSheet
  - (d) Above all
9. Prop in yoga practice facilitate
- (a) To do postureal perfectness
  - (b) To sleep
  - (c) Take rest
  - (d) To do asana
10. Lesson plan is
- (a) To achieve course completion
  - (b) Maintain class recreation level
  - (c) To achieve Perfection
  - (d) None

**Part B**

(5 × 5 = 25)

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

11. (a) Explain yoga class room.

Or

(b) Explain problem related to class room.

12. (a) Explain importance of time table.

Or

(b) Explain principle of time table.

13. (a) Explain tools of yoga.

Or

(b) Explain essentials of good lesson plan.

14. (a) Explain Shat Kriya.

Or

(b) Explain role of mudra in yogic teaching.

15. (a) Explain pranayama.

Or

(b) Explain meditation.

**Part C**

(5 × 8 = 40)

Answer any **five** questions.

16. Explain the models of lesson plan.

17. Explain action research of yoga.

18. Explain practical applications of lesson plan.

19. Explain uses and techniques of individual teaching.
  20. Explain role of yoga teacher training.
  21. Explain Eight limbs of yoga.
  22. Explain principle of time table construction.
-



**R7440**

**Sub. Code**

**724111**

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

**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. \_\_\_\_\_ is based on the core principle that 'like cures like'
  - (a) Homeopathy
  - (b) Magnet therapy
  - (c) Chromo therapy
  - (d) Hydro therapy
2. Sharira means \_\_\_\_\_
  - (a) sun
  - (b) Human body
  - (c) moon
  - (d) meridians
3. The science of maintaining mental health and preventing the development of mental disorders is called as
  - (a) Personal hygiene
  - (b) Physical hygiene
  - (c) Mental Hygiene
  - (d) Community hygiene

4. \_\_\_\_\_ does not require prior sensitization to an antigen
- (a) Vaccine-induced immunity
  - (b) Active immunity
  - (c) Adaptive immunity
  - (d) Natural immunity
5. \_\_\_\_\_ is cleansing up your body while removing the impurities from blood
- (a) Toxic                      (b) Sanitize
  - (c) Detoxification        (d) Medical aid
6. \_\_\_\_\_ aims to relieve tension in the deeper layers of muscle tissue and fascia.
- (a) Deep tissue massage
  - (b) Swedish massage
  - (c) Hot stone massage
  - (d) Reflexology massage.
7. \_\_\_\_\_ is based on the concept of life energy which flows through "meridians" in the body.
- (a) Colour therapy
  - (b) Excise therapy
  - (c) Acupressure
  - (d) Chemotherapy
8. \_\_\_\_\_ is a detox therapy
- (a) Hot and cold water Douches
  - (b) Mud bath
  - (c) Hydro therapy
  - (d) Colour therapy

9. Chromotherapy is called as \_\_\_\_\_
- (a) Colour therapy
  - (b) Acupressure
  - (c) Massage
  - (d) Magnet therapy
10. \_\_\_\_\_ is a system of health care which promotes the body's own self-healing mechanism
- (a) Naturopathy
  - (b) Vaccine therapy
  - (c) Blood transfusion
  - (d) Herbal Medicine

**Part B**

(5 × 5 = 25)

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

11. (a) Compare Naturopathy and other system of Medicine.

Or

- (b) Briefly comment on Indian and western of Naturopathy.

12. (a) Write short notes on Shareera Dharmas.

Or

- (b) Brief state the role of physical hygiene and prevention of diseases

13. (a) State the principles of fasting

Or

- (b) Write short notes on de-toxification

14. (a) State the role of Naturopathy diet in health promotion.

Or

- (b) State the manipulative techniques of Massage.
15. (a) Briefly comment on the uses of Hot and cold water Douches.

Or

- (b) Write short notes on acupuncture.

**Part C**

(5 × 8 = 40)

Answer any **five** questions.

16. “Naturopathy is a type of alternative medicine that focuses on providing a holistic approach to treating health problems”.- Discuss
17. “Mental hygiene keeps your mind sharp”.- comment
18. Elaborate the principles and role of hydro therapy in prevention of diseases
19. Explain the types and principles of Naturopathy Diet
20. Explain the principles of highly effective massage therapy
21. Explain the procedure and benefits of acupressure
22. Explain the benefits of Mud bath and under water exercises

**R7441**

**Sub. Code**

**724115**

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

**Fifth Semester**

**Yoga**

**APPLIED PSYCHOLOGY AND YOGIC COUNSELLING**

**(CBCS – 2019 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 1 = 10)

Answer **all** questions.

1. Where the word “psychology” does come from?  
(a) Italian (b) Greek  
(c) Latin (d) None of the above
2. Yoga is derived from which sanskrit word?  
(a) Surya Namaskar  
(b) Diffusion  
(c) Breaking into Pieces  
(d) Union
3. Who is the father of yoga?  
(a) Baba Ramdev  
(b) Krishnamacharya  
(c) BKS Iyenger  
(d) Maharishi Patanjali
4. Which asana is also known as palm tree pose?  
(a) Tadasana (b) Bhujangasana  
(c) Kapalbhathi (d) Trikonasana

5. Psychology is said to be the scientific study of \_\_\_\_\_ and \_\_\_\_\_.
- (a) Behavior, mental processes
  - (b) Mental illness, Mental health
  - (c) Physical states, mental states
  - (d) None of the above
6. Psychology is a \_\_\_\_\_.
- (a) Physical science
  - (b) Social science
  - (c) Natural science
  - (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. How many koshas do humans have as per the yogic system?
- (a) 5
  - (b) 2
  - (c) 3
  - (d) 4

**Part B**

(5 × 5 = 25)

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

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

Or

- (b) Discuss about yoga practices for balancing mind.

12. (a) Write the about perception.

Or

- (b) Discuss about the psychosomatic disorder.

13. (a) Explain the mental retardation.

Or

- (b) Discuss about the learning disability.

14. (a) Explain the bhandha and mudras.

Or

- (b) Discuss about the effect of health benefits of mediation.

15. (a) Write about the nadi.

Or

- (b) Briefly explain muladhara and svadishthana chakras.

**Part C**

(5 × 8 = 40)

Answer any **five** questions.

16. Explain the yoga practices for chakaras.
17. Discuss about the stress and anxiety disorders and their treatment.
18. Write about attention deficit disorder and hyperactivity.
19. Explain the effects of health benefits of pranayama.
20. Discuss about the yogic practices for various professionals.
21. Write about the diagnostic classification of mental and behavioral disorders.
22. Explain the yogic counselling for psychological disorders.

---



**R7442**

**Sub. Code**

**724116**

**B.Sc. DEGREE EXAMINATION, NOVEMBER 2022.**

**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** questions.

1. Which of the following is full form of IAYT?
  - (a) Integrated Approach to yoga therapy
  - (b) International Approach to yoga therapy
  - (c) Irrational Approach to yoga therapy
  - (d) Instant Approach to yoga therapy
  
2. Respiratory disorders involves?
  - (a) Bacterial pneumonia
  - (b) Lung causes
  - (c) Pulmonary
  - (d) All of the above
  
3. What is a myocardial infarction?
  - (a) Heart failure      (b) Heart attack
  - (c) Cardiac arrest      (d) All of the above

4. Which is a symptom of coronary artery disease?
- (a) Headache
  - (b) Sleep disorders
  - (c) Pain and discomfort
  - (d) Diarrhea
5. Where is the thyroid gland located?
- (a) At the base of spine
  - (b) In abdomen
  - (c) In the neck
  - (d) Brain
6. The thyroid produces hormones that regulate.
- (a) Metabolism            (b) Temperature
  - (c) Blood pressure       (d) Digestion
7. Where are luteinizing hormone (LH) and Follicle stimulating hormone (FSH) produced?
- (a) Hypothalamus
  - (b) Anterior pituitary
  - (c) Posterior pituitary
  - (d) Adrenal glands
8. Which one of the following is the primary source of progesterone in the later stages of pregnancy?
- (a) Fetus                    (b) Endometrium
  - (c) Corpus Luteum        (d) Placenta

9. Across the globe \_\_\_\_\_ is the most common type of cancer that kills men.
- (a) Lung cancer      (b) Prostate cancer  
(c) Penile cancer      (d) Oral cancer
10. What is irritable bowel syndrome?
- (a) Intestinal damage  
(b) Affect the abdomen  
(c) Celaic disease  
(d) Stomach fire

**Part B**

(5 × 5 = 25)

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

11. (a) Explain the IAYT and COPD.
- Or
- (b) Write the introduction of yoga therapy.
12. (a) Explain the coronary artery disorder.
- Or
- (b) Explain the test CABG rehibitionation.
13. (a) Explain the metabolic syndrome.
- Or
- (b) Explain the medical and yogic management of obesity.
14. (a) Explain the PCOS and PIH.
- Or
- (b) Explain the medical and yogic management of premenstrual syndrome.

15. (a) Explain the medical and yogic management of irritable bowel syndrome.

Or

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

**Part C**

(5 × 8 = 40)

Answer any **five** questions.

16. Describe the classification, clinical features, medical and yogic management of Tuberculosis.
17. Describe the classification, clinical features, medical and yogic management of stress related disorders.
18. Describe the classification, clinical features, medical and yogi management of POST CABCU rehabilitation.
19. Write about the classifications, clinical features medical and yogic management of obesity.
20. Write the classification, clinical features, medical and yogi management of PCOS.
21. Describe the mexicue and yogi management of menstrual disorders.
22. Write the classification, clinical features, medical and yogic management of Acute and chronic Gastritis.

**R7443**

**Sub. Code**

**724117**

**B.Sc. YOGA DEGREE EXAMINATION,  
NOVEMBER – 2022.**

**Fifth Semester**

**Yoga**

**Elective – I : YOGA AND MENTAL HEALTH**

**(CBCS – 2019 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 1 = 10)

Answer **all** questions.

1. The word “yuj” means
  - (a) To Yoke
  - (b) To Join
  - (c) To Unite
  - (d) All of these
  
2. 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
  
3. The art of practicing yoga helps in controlling an individual's \_\_\_\_\_.
  - (a) Mind
  - (b) Soul
  - (c) Body
  - (d) All the above

4. A mentally healthy individual has  
(a) Independent personality  
(b) Comfortable placing in social hierarchy  
(c) A purposeful life  
(d) All the above
5. \_\_\_\_\_ help in the healthy functioning of the organism  
(a) Asanas (b) Pranayama  
(c) Mudras (d) None
6. The word “Yoga” is derived from  
(a) Latin (b) Urdu  
(c) Sanskrit (d) Tamil
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. Yoga Consist of \_\_\_\_\_ Components.  
(a) Six (b) Four  
(c) Eight (d) Nine
10. Stabilize and focus the mind on one object, image, Sound is  
(a) Dharana (b) Dhyana  
(c) Samadhi (d) Pratyahara

**Part B**

(5 × 5 = 25)

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

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

Or

- (b) Discuss about stress.

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 Narcissistic.

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 × 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.
-



**R7444**

**Sub. Code**

**724118**

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

**Fifth Semester**

**Yoga**

**Elective II – YOGIC DIET AND NUTRITION**

**(CBCS – 2019 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 1 = 10)

Answer **all** the questions.

1. Vata is the combination of
  - (a) Earth + Water
  - (b) Ether + Air
  - (c) Fire + Water
  - (d) Ether + Fire
2. Which one is not a type of food stuffs.
  - (a) Peya
  - (b) Madhu
  - (c) Rasala
  - (d) Cosya
3. In Mitahara concept food : water : Empty proposition is,
  - (a) 2:1:1
  - (b) 1:2:1
  - (c) 1:2:3
  - (d) 2:1:3
4. Vata pacifying food is
  - (a) Cabbage
  - (b) Brinjal
  - (c) Carrots
  - (d) Potatoes

5. Soluble fiber not found is
- (a) Oats
  - (b) Peas
  - (c) Whole wheat flour
  - (d) Beans
6. Which one is not a MicroNutrients
- (a) Omega 6 fats
  - (b) Niacin
  - (c) Saturated fat
  - (d) Iodine
7. Molecules of carbohydrates and fats are,
- (a) Carbon, Hydrogen, Oxygen
  - (b) Carbon, Hydrogen, Nitrogen
  - (c) Nitrogen, Hydrogen, Oxygen
  - (d) Carbon, Oxygen, Nitrogen
8. Fear weakens your
- (a) Heart and Brain
  - (b) Kidney
  - (c) Lungs
  - (d) Liver
9. Which one is Rajasic food
- (a) Butter
  - (b) Onion
  - (c) Salt
  - (d) Cabbages
10. Which one is not a Aharvidhi
- (a) Kala
  - (b) Carvya
  - (c) Prakriti
  - (d) Sanyoga

**Part B**

(5 × 5 = 25)

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

11. (a) Explain about Pathya and Apathya in diet according to Yogic texts.

Or

- (b) Explain about the importance of yogic diet in yoga sadhana.

12. (a) Explain about Vegetarian us Non-vegetarian.

Or

- (b) Write briefly about panchabhutas.

13. (a) Explain briefly about the significance of proteins.

Or

- (b) Write the significance of vitamin and minerals.

14. (a) Briefly explain about values and importance of micro-nutrients.

Or

- (b) Explain about the importance and concept of Balanced diet.

15. (a) Explain briefly about the characteristics of Rajasic and Thamasic food.

Or

- (b) Write in short about the harmful food.

**Part C**

(5 × 8 = 40)

Answer any **five** questions.

16. Explain about the principles of yogic diet.
  17. Write about the classification of yogic diet.
  18. Write in detail about the rasa, virya, Guna, vipaka of any five food items.
  19. Explain in detail about the significance of carbohydrates and proteins.
  20. Write in detail about the “Nutrients”.
  21. Explain in detail about the “Ahar vidhi vedham” (Dietary rules)
  22. Explain the role of diet for a yogic practitioner.
-