

R8187

Sub. Code

813201

M.Sc. DEGREE EXAMINATION, APRIL – 2023

Second Semester

Yoga

SCIENTIFIC APPROACH OF YOGA

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Section A

(10 × 1 = 10)

Answer **all** questions.

1. The diaphragm, located below the lungs, is the major muscle of _____
(a) circulation (b) excretion
(c) reproduction (d) respiration
2. Chest cage consists of the _____pairs of ribs with their costal cartilages and the sternum
(a) 10 (b) 12
(c) 6 (d) 24
3. _____ is to lock the vital energy into the body.
(a) Pranayama (b) Bandha
(c) Kriya (d) Neti
4. Mahamudra is a hatha yoga gesture (mudra) whose purpose is to improve control over the _____ potential.
(a) Sexual (b) Breathing
(c) Nervous (d) Cosmic

5. Vastra means _____
(a) Mat (b) Cloth
(c) Brush (d) Tree
6. _____ Nauli deals with Central abdominal contraction.
(a) Madhayama (b) Vastra
(c) Vamana (d) Dhakshina
7. Moola Shodhana deals with _____ cleaning.
(a) Sinus (b) Anal
(c) Mucus (d) Mouth
8. _____ is also called as Brahmanadi
(a) Sushumna nadi (b) Supthanadi
(c) Indriyanadi (d) Panchanadi
9. Ajna Chakra is the chakra of _____
(a) potential energy (b) kinetic energy
(c) action (d) intuition
10. _____ is considered as a life-giving force
(a) Prana (b) Bandha
(c) Mudra (d) Kriya

Section B

(5 × 5 = 25)

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

11. (a) Write short notes on Muscle of Back.

Or

- (b) Illustrate 'Muscles of Leg'.

12. (a) Briefly explain 'Regulations of Breathing'.

Or

(b) Write short notes on 'Maha Veda'.

13. (a) Describe 'Kunajal Kriya'.

Or

(b) Briefly explain the techniques of 'Dhakshina Nauli'.

14. (a) Briefly explain the Bio-Chemical Changes in due to yogic practices.

Or

(b) Write short notes on 'Mediation Posture'.

15. (a) Write about 'Manipura Chakra'.

Or

(b) Describe the concept of 'Kinetic Energy'.

Section C

(5 × 8 = 40)

Answer any **five** questions.

16. Enumerate the effect of yogasanas on circulatory system.

17. Narrate the physiological benefits of Mula Bandha and Maha Vaedha.

18. List down shatkriyas and explain any two in detail.

19. Evaluate the application and benefits of Yogic enema.

20. Discuss the major effects and benefits of chakras on human health.

21. Write an essay on physiological changes due to Meditation with reference to brain.
 22. Explain the effect of Yogic practices on Respiratory System.
 23. Explore the indications and contraindications of Jala Neti Technique.
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813202

M.Sc. DEGREE EXAMINATION, APRIL – 2023

Second Semester

Yoga

APPLIED YOGA IN MODERN LIFE

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. The word “Yoga” is derived from
 - (a) Latin
 - (b) Urdu
 - (c) Sanskrit
 - (d) Tamil
2. Who compiled ‘Hathayoga pradipika’?
 - (a) Patanjali
 - (b) Gheranda
 - (c) Svatmarama
 - (d) None of the above
3. _____help in the healthy functioning of the organism
 - (a) asanas
 - (b) pranayama
 - (c) mudras
 - (d) none

15. (a) Explain the Yoga and problems of executives.

Or

(b) Explain the contributions of yoga.

Part C

(5 × 8 = 40)

Answer any **five** questions.

16. Briefly discuss the various dimensions and importance of health.
17. Explain the physical education and sports fitness.
18. Narrate the integration of the body and mind in yogic concept
19. Discuss the integration of body and mind.
20. Explain the improvement of personal efficiency through yoga.
21. Discuss the use of artificial stimulants and their side effects of yoga.
22. Describe the life of constant stress and strain.
23. Explain the yoga and development of social qualities of personality.

R8189

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813203

M.Sc. DEGREE EXAMINATION, APRIL – 2023

Second Semester

Yoga

YOGIC PRACTICES AND SOCIAL VALUES

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Section A

(10 × 1 = 10)

Answer **all** questions.

1. _____ is also called as Ear Pressure Pose.
 - (a) Karnapidasana
 - (b) Ardha Baddha
 - (c) Paschimothanasana
 - (d) D. Marichyasana
2. Marichyasana is a pose from the _____ primary series.
 - (a) Astanga
 - (b) Raja
 - (c) Bhakthi
 - (d) Janana.
3. Surya Bhedana is a _____ pranayama
 - (a) Colling
 - (b) Warming
 - (c) Humming
 - (d) preparatory

4. Bhramari Pranayama, also known as _____
Bee Breath
- (a) Forest (b) Honey
(c) Humming (d) Rainy
5. _____ improves concentration and memory power
- (a) Bandhas (b) Kriyas
(c) Asanas (d) Chin Mudra
6. The word "Aashwa, means _____
- (a) Ishwara (b) Horse
(c) Elephant (d) Rabbit
7. The term "Saguna" Means _____
- (a) With Form (b) Without Form
(c) Agony (d) Without Qualities
8. _____ is the ability to sense other people's emotions.
- (a) Empathy (b) Sympathy
(c) Telepathy (d) Homeopathy
9. _____ is confident and forceful behaviour
- (a) Assertiveness (b) Aggression
(c) Stress (d) Anxiety
10. _____ is the quality of not thinking that you are better than other people.
- (a) Social adjustment (b) Humility
(c) Aggression (d) Stress

Section B

(5 × 5 = 25)

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

11. (a) Write short notes on Mayurasana.

Or

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

12. (a) Briefly explain 'Sadanta Pranayama'.

Or

- (b) Write short notes on "Nadishuthi Pranayama".

13. (a) Describe "Brahma Mudra".

Or

- (b) Describe the techniques of "Mula Bandha".

14. (a) Briefly explain the concept of – Silent Meditation.

Or

- (b) Write short notes on 'Nirguna Meditation'.

15. (a) Write down the benefits of Positive Thinking.

Or

- (b) Describe the concept of 'Anger Management'.

Section C

(5 × 8 = 40)

Answer any **five** questions.

16. Enumerate the technique and benefits of Sethu Bandha Sarvangasana.
17. Expedite the indications and contraindications of Ujjayi Pranayam.

18. Discuss and evaluate the methods of performing Trataka.
 19. Prepare a model lesson plan for VII Std to teach Mediatation.
 20. List down bandhas and explain any one technique in detail.
 21. Narrate the Meditations methods as suggested by different schools of Yoga.
 22. Illustrate the application of Yogic Concepts in Stress Management.
 23. Explore the methods conflict resolutions.
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R8190

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813503

M.Sc. DEGREE EXAMINATION, APRIL – 2023

Second Semester

Yoga

INTRODUCTION TO PSYCHOLOGY COUNSELING

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. Who is the father of nature?
 - (a) Plato, Aristotle
 - (b) Aristotle, Plato
 - (c) Pliny, Archimedes
 - (d) Stavros, Pliny

2. _____ is the belief that the mind is fundamentally different from the body.
 - (a) Mindism (b) Dualism
 - (c) Centralism (d) Specialism

3. The school of psychology whose goal was to identify the basic elements of experience was called :
 - (a) Experientialism (b) Dualism
 - (c) Functionalism (d) Structuralism

4. Which of the following is closely associated with the structuralism school of psychology?
- (a) Titchener (b) James
(c) Descartes (d) Watson
5. Darwin's theory of _____ argued that physiological characteristics evolve because they are useful to the organism.
- (a) extreme usefulness
(b) natural endowment
(c) natural selection
(d) natural wellbeing
6. _____ was to structuralism as _____ was to functionalism.
- (a) Wundt, Titchener
(b) Wundt, James
(c) James, Titchener
(d) Milner, Thompson
7. Freud championed _____ psychology.
- (a) Psychodynamic
(b) Cultural
(c) Conscious
(d) Biodynamic
8. Which school of psychology believes that it is impossible to objectively study the mind?
- (a) Functionalism (b) Behaviourism
(c) Humanism (d) Socialism

9. Receiving an electric shock would be an example of a _____ whereas being frightened would be an example of a _____.
- (a) stimulus, response
 - (b) punishment, reward
 - (c) reaction, emotion
 - (d) reinforcement, stimulus
10. Dr Pula wants to explore differences in child-rearing practices between British and Chinese parents. She is most likely a:
- (a) cognitive psychologist
 - (b) physiological psychologist
 - (c) cognitive-ergonomic psychologist
 - (d) social-cultural psychologist

Part B

(5 × 5 = 25)

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

11. (a) Explain the history of psychology.
- Or
- (b) Describe the ethics in psychological research.
12. (a) Explain the attention and perception.
- Or
- (b) Explain the Neisser's model perception.
13. (a) Explain the learning and memory conditioning.
- Or
- (b) Describe the level of processing model.

14. (a) Explain the cognition and network models.

Or

(b) Explain the representation of knowledge.

15. (a) Explain the components of emotion.

Or

(b) Explain the theories of motivation.

Part C

(5 × 8 = 40)

Answer any **five** questions.

16. Briefly discuss the research methods in psychology.

17. Explain the types of attention.

18. Narrate the implicit vs explicit memory.

19. Discuss the structure of language.

20. Explain the theories and types of emotion.

21. Discuss the biological basis of human behaviour.

22. Describe the language theories of cognitive organization.

23. Explain the approach to language acquisition reasoning