

**R0630**

**Sub. Code**

**724115**

**B.Sc. DEGREE EXAMINATION, NOVEMBER – 2023**

**Fifth Semester**

**Yoga**

**APPLIED PSYCHOLOGY AND YOGIC COUNSELLING**

**(CBCS – 2019 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 1 = 10)

Answer **all** the questions.

1. Which of the following processes initiates, guides, and maintains goal-oriented behavior?
  - (a) Behavior-initiation process
  - (b) Goal-oriented behavior process
  - (c) Self-regulation process
  - (d) Initiative-guidance process
  
2. Energy centers in your body that correspond to specific nerve bundles and internal organs are referred to as \_\_\_\_\_
  - (a) Nadi
  - (b) Asana
  - (c) Chakras
  - (d) Pranayama
  
3. Organization, identification, and interpretation of sensory information in order to represent and understand the presented information or environment is called \_\_\_\_\_
  - (a) Perception
  - (b) Cognition
  - (c) Consciousness
  - (d) Memory

4. Emotion characterized by feelings of tension, worried thoughts, and physical changes like increased blood pressure is called \_\_\_\_\_.
- (a) Joy (b) Anxiety  
(c) Excitement (d) Contentment
5. The Chakra situated in the throat is called the \_\_\_\_\_ Chakra
- (a) Vishuddhi Chakra  
(b) Ajna Chakra  
(c) Muladhara Chakra  
(d) Manipura Chakra
6. There are \_\_\_\_\_ main Nadis in human body
- (a) Four (b) Five  
(c) Three (d) Seven
7. A particular posture that channels energy into particular chakras and in turn affects the organs to which it is connected is called \_\_\_\_\_
- (a) Asana (b) Pranayama  
(c) Bandha (d) Mudra
8. A psychological condition involving the occurrence of physical symptoms, usually lacking a medical explanation is termed as \_\_\_\_\_
- (a) Psychosis  
(b) Psychosomatic disorder  
(c) Hypochondria  
(d) Bipolar Disorder
9. The word "Nadi" is derived from the Sanskrit word "Nadi," which means:
- (a) Fire (b) Earth  
(c) Flow (d) Water

10. Chakra and Nadis are components of which kosha?
- (a) Annamaya Kosha
  - (b) Pranayama Kosha
  - (c) Manomaya Kosha
  - (d) Anandamaya Kosha

**Part B**

(5 × 5 = 25)

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

11. (a) How many Branches are in psychology? What are that?

Or

- (b) How many Chakras are in the Human body: Mention the Chakras name and its Benefits?

12. (a) Discuss about disorders of attention?

Or

- (b) Explain the concept of psychosomatic disorders, with examples?

13. (a) Define learning disabilities, describe common types of children and their treatment?

Or

- (b) Discuss the key characteristics of autism in children, explore evidence-based treatment approaches.

14. (a) Explain - Nature approaches and its challenges in Counselling.

Or

- (b) Explain about Mudra.

15. (a) Explain the benefits of yogic practices for various professionals.

Or

- (b) Write a short note on Visuddhi and Muladhara.

**Part C**

(5 × 8 = 40)

Answer any **five** questions.

16. Describe the relationship of Psychology and Yoga.
17. Explain the concept of Sociobiology of health and disease.
18. Explain the concept of Psychodiagnosis of major mental disorders of the adults and their treatment.
19. Write a short note on Hyperactivity, Autism and Fears.
20. Describe the Psycho-Physiological effects and health benefits of Meditation.
21. Explain how yogic methods can be used to promote psychological adjustment.
22. Explain the Chakras and its types.

**R0631**

**Sub. Code**

**724116**

**B.Sc. DEGREE EXAMINATION, NOVEMBER – 2023**

**Fifth Semester**

**Yoga**

**YOGIC MANAGEMENT OF LIFE STYLE RELATED  
DISORDER**

**(CBCS – 2019 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 1 = 10)

Answer **all** the questions.

1. Tuberculosis caused by \_\_\_\_\_.
  - (a) Mycobacterium Tuberculosis
  - (b) Salmonella Typi
  - (c) Staphylococcus
  - (d) Streptococcus
2. Normal blood pressure level is
  - (a) 110/70 mmhg      (b) 120/80 mmhg
  - (c) 190/110 mmhg    (d) 140/80 mmhg
3. The pressure of circulating blood against walls of blood vessels is
  - (a) Pulse                      (b) Blood pressure
  - (c) Heart rate                (d) Blood sugar

4. COPD means
- (a) Coronary Obstructive Pulmonary Disease
  - (b) Coronary Obstructive Pulmonary Disorder
  - (c) Chronic Obstructive Pulmonary Disease
  - (d) Chronic Obstructive Pulmonary Disorder
5. Uncontrolled division of abnormal cell is
- (a) Cancer
  - (b) Sinusitis
  - (c) Dyspepsia
  - (d) COPD
6. Insulin dependent diabetes is also known as
- (a) Type – I diabetes
  - (b) Type – II diabetes
  - (c) Gestational diabetes
  - (d) Diabetes Insipidus
7. BMI stands for
- (a) Body Mass Index
  - (b) Body Multi Index
  - (c) Bold Mass Index
  - (d) Body Mass Identity
8. Normal BMI lies between
- (a) Below 18.5
  - (b) 25 – 29.9
  - (c) 18.5 – 24.9
  - (d) Above 30
9. Dysmenorrhea means
- (a) Prolonged Menstruation
  - (b) Menstrual cramps and pain
  - (c) No menstruation
  - (d) Heavy menstruation

10. PCOs stands for
- (a) Polycystic Ovarian Syndrome
  - (b) Polycystic Ovarian Symptom
  - (c) Polycystic Ovary syndrome
  - (d) Polycystic Ovary Symptom

**Part B**

(5 × 5 = 25)

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

11. (a) Explain about bronchial asthma and its yogic management.

Or

- (b) Explain bronchitis, causes and its classifications.

12. (a) What is congestive cardiac failure? Explain about its clinical feature.

Or

- (b) Write about Artherosclerosis and its yogic management.

13. (a) Define hypothyroidism. What are all the yogic management to overcome?

Or

- (b) Explain definition, causes and classification of obesity.

14. (a) Explain definition and classification of premenstrual syndrome.

Or

- (b) Write about Menorrhagia and its yogic management.

15. (a) Write medical and yogic management for peptic ulcer.

Or

- (b) Write medical and yogic management for peptic ulcer.

**Part C**

(5 × 8 = 40)

Answer any **five** questions.

16. Explain the concept of Adhi and vyadhi.
17. Write about cardiac asthma, causes, medical and yogic management.
18. Explain in detail about Oligomenorrhoea and its yogic management.
19. What is Diabetes Mellitus – I? Write about causes and management.
20. Write about side effects of chemotherapy.
21. Explain hypertension, classification and its a management.
22. Explain constipation, causes and its yogic management.



**R0632**

**Sub. Code**

**724117**

**B.Sc DEGREE EXAMINATION, NOVEMBER – 2023**

**Fifth Semester**

**Yoga**

**Elective : YOGA AND MENTAL HEALTH**

**(CBCS – 2019 onwards)**

Time :3 Hours

Maximum :75 Marks

**Part A**

(10 × 1 = 10)

Answer **all** the questions.

1. The type of delirium are
  - (a) Hyperactive and hypoactive delirium
  - (b) Hyperactive, mixed delirium and hypoactive
  - (c) Base level, middle and advanced delirium
  - (d) None of the above.
2. Bagavad Gita is a Conversation between
  - (a) Lord Krishna and dharma
  - (b) Lord Krishna and arjuna
  - (c) Lord Krishna and bhishma
  - (d) Lord Krishna and dhuryodhana
3. Who is the author of yoga sutra
  - (a) B.K.S Iyengar
  - (b) Swami Vivekananda
  - (c) Maharishi patanjali
  - (d) Lord Vishnu

4. Anorexia nervosa is a type of \_\_\_\_\_
- (a) mood disorder (b) personality disorder  
(c) psychotic disorder (d) Eating disorder
5. Stress that is positive and enhance functioning is \_\_\_\_\_
- (a) Eustress (b) distress  
(c) acute stress (d) chronic stress
6. Dementia means \_\_\_\_\_
- (a) Loss of appetite  
(b) Loss of interest  
(c) Loss of thinking ability or memory  
(d) Loss of immunity
7. Excess thoughts that leads to repetitive behaviours is known as \_\_\_\_\_
- (a) Obsessive compulsive disorder  
(b) Histrionic  
(c) Paranoid  
(d) Schizophrenia
8. What is the Second chapter of yoga sutra?
- (a) Vibhuti pada (b) Samadhi pada  
(c) Sadhana pada (d) Kaivalya pada

9. Antisocial behavior is a type of \_\_\_\_\_
- (a) Personality disorder
  - (b) Eating disorder
  - (c) Mood disorder
  - (d) None of the above

10. In the word Yoga Nidra, Nidra means
- (a) Memory
  - (b) Sleep
  - (c) Concentration
  - (d) Samadhi

**Part B** (5 × 5 = 25)

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

11. (a) Explain causes and Symptoms of dementia.
- Or
- (b) Write Notes on emotions and feelings.
12. (a) Explain about Sign and Symptoms of Schizophrenia.
- Or
- (b) Explain eating disorder.
13. (a) Explain Asana in Ashtanga Yoga
- Or
- (b) Illustrate principles of massage
14. (a) Explain need of spiritual growth for mental health
- Or
- (b) Yogic Concepts in Bhagavad Gita - Explain

15. (a) Discuss about Mood disorder.

Or

(b) Explain about stress and how to overcome it.

**Part C**

(5 × 8 = 40)

Answer any **five** questions.

16. Illustrate Yogic Perspective of Mental health.
17. Explain Obsessive and Compulsive disorder with their Causes.
18. Detail on Ashtanga Yoga in Patanjali Yoga Sutra.
19. Discuss different types of massages for mental health.
20. Explain histrionic and paranoid disorders.
21. Explain on role of massage in disease prevention and health promotion.
22. Write about causes, Symptoms and treatments for delirium.

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**R0633**

**Sub. Code**

**724118**

**B.Sc DEGREE EXAMINATION, NOVEMBER – 2023**

**Fifth Semester**

**Yoga**

**Elective : YOGIC DIET AND NUTRITION**

**(CBCS – 2019 onwards)**

Time :3 Hours

Maximum : 75 Marks

**Part A**

(10 × 1 = 10)

Answer **all the** questions.

1. Annamaya Kosha can be balanced through \_\_\_\_\_  
(a) Asana (b) Kriyas  
(c) Diet (d) All the above
2. Which food make the mind restless and uncontrollable  
(a) Tamasic (b) Rajasic  
(c) Sattiv food (d) All
3. Manomaya Kosha can be balanced through \_\_\_\_\_ techniques  
(a) Asana and Kriya  
(b) Meditation and devotional Sessions  
(c) Pranamaya practice  
(d) All
4. Tamasic food makes our body \_\_\_\_\_  
(a) Dull  
(b) Lazy  
(c) Reduce our Immune Power  
(d) All

5. During mitahara, how part of the Stomach should be left empty by a yoga practionner?  
(a) One-third (b) One-fourth  
(c) Half (d) Full
6. What is the ultimate aim of hatha yoga, according to hatha prathipika.  
(a) Steadiness and flexibility  
(b) Mantra Siddhi  
(c) Breath control  
(d) Raja yoga.
7. The proximate principles of our food are  
(a) Proteins (b) Minerals  
(c) Fats (d) Vitamins
8. Which types of food are not beneficial for individual of Vata prakriti?  
(a) Cold (b) Unctuous  
(c) Dry (d) Heavy
9. Which are the rich sources of energy?  
(a) Fats (b) Carbohydrates  
(c) Proteins (d) Vitamins
10. Natural diet develops?  
(a) Immunity (b) Stress  
(c) Fat (d) Anxiety

**Part B**

(5 × 5 = 25)

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

11. (a) Explain the concept of yogic Diet according to Hatha Pradipika

Or

- (b) Write down the concept of Mithahara

12. (a) Explain about panchabhuta

Or

(b) Write about Rajas Guna

13. (a) Write down the significance of protein

Or

(b) Write notes about Lipids

14. (a) Illustrate the benefits of minerals and calcium

Or

(b) Write down the requirement of Vitamin

15. (a) Nutritive value of Carbohydrates

Or

(b) According to Yogic diet what we have to eat for healthy Lifestyle-Explain.

**Part C**

(5 × 8 = 40)

Answer any **Five** questions.

16. Write down the yogic diet and its role in healthy Living.

17. Write down the pathya and Apalthya food according to Gheranda Sanhita.

18. Write down the relationship between Guna and Ahara.

19. Explain about Minerals and Water in the body.

20. Sources of Vitamins – Explain.

21. Importance of Yogic diet in Yoga Sadana.

22. Explain types of Vitamins and Proteins.