

R0460

Sub. Code

7241C1

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2023

First Semester

Yoga

FOUNDATION OF YOGA

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** the following questions by choosing
the correct option.

1. The word 'Yoga' is derived from the Sanskrit word.
(CO1, K1)
(a) Yuj (b) Yoga
(c) Yogeya (d) Yoja
2. In the Jainism, the category of Ajiva is divided into
Akasha, dharma, adharma, kala and (CO1, K1)
(a) Pugala (b) Trasa
(c) Sthavarna (d) None of the above
3. Which of following is not considered as an element by
Buddhism? (CO2, K2)
(a) Fire (b) Space
(c) Air (d) Water

4. Pancha kosa in sequential order (CO2, K2)
(a) Anna, Prana, Ananda, Mano, Vijnana
(b) Annanda, Prana, Mano, Vijnana, Anna
(c) Anna, Prana, Mano, Vijnana, Anandha
(d) Prana, Anna, Vijnana, Mano, Ananda
5. What is the meaning of the word 'Ved'? (CO3, K1)
(a) Knowledge (b) To Understand
(c) To know (d) Consciousness
6. Yoga vasishtha emphasizes on (CO3, K1)
(a) Jnana Yoga (b) Mantra Yoga
(c) Raja yoga (d) Bhakti Yoga
7. The total number of upanishadas: (CO4, K1)
(a) 18 (b) 28
(c) 108 (d) 118
8. Which type of yoga is explained in Bhagavagita? (CO4, K1)
(a) Karma yoga (b) Laya Yoga
(c) Raja Yoga (d) Bhakti Yoga
9. How many chapters are in Bhagavad Gita? (CO5, K1)
(a) 12 (b) 18
(c) 16 (d) 22
10. Which is the most ancient systematic text of Yoga? (CO5, K3)
(a) Patanjali Yoga Sutra
(b) Shiva Samhita
(c) Hatha Yoga Pradipika
(d) Bhagavad Gita

Part B

(5 × 5 = 25)

Answer **all** the following not more than 500 words each.

11. (a) Explain the History of Yoga in Vedic Period. (CO1, K1)

Or

- (b) Explain the Psychological aspects of Yoga. (CO1, K1)

12. (a) Explain the Vedic period of Yoga. (CO2, K2)

Or

- (b) Explain the Principles of Yoga. (CO2, K2)

13. (a) Explain the Yoga in Yoga Upanishads. (CO3, K1)

Or

- (b) Describe about Astika and NasikaDharshanas. (CO3, K1)

14. (a) Explain the branches of Yoga. (CO4, K1)

Or

- (b) List out the Chapter of Bhagavad Gita. (CO4, K1)

15. (a) Describe about Yandra Yoga. (CO5, K1)

Or

- (b) Explain about Raja Yoga. (CO5, K1)

Part C

(5 × 8 = 40)

Answer **all** the questions not more than 1000 words each.

16. (a) Explain the preclassic, classic and post classic prior to the Vedic period. (CO1, K1)

Or

- (b) Explain the Origin and history of Yoga. (CO1, K1)

17. (a) Explain about the Streams of Yoga. (CO2, K2)

Or

(b) Describe the Karma Yoga. (CO2, K2)

18. (a) Describe the Yogic perspective to Shad-dharshana. (CO3, K1)

Or

(b) Describe the Branches of Indian Philosophy. (CO3, K1)

19. (a) What is Raja Yoga-Explain. (CO4, K1)

Or

(b) Describe the Thirumoolar Thirumanthiram. (CO4, K1)

20. (a) List down the stages of Astanga Yoga and explain. (CO5, K1)

Or

(b) Explain the various tools of Yoga. (CO5, K1)

R0461

Sub. Code

7241A1

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2023

First Semester

Yoga

Allied: HUMAN ANATOMY AND PHYSIOLOGY – I

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** the following objective questions by choosing the correct option.

1. Which of the following is the example of connective tissues? (CO1, K1)
(a) Cardiac muscle (b) Smooth muscle
(c) Blood (d) Spleen
2. Progesterone hormone is secreted by which gland (CO1, K1)
(a) By ovary (b) By adrenal gland
(c) By Kidneys (d) Parathyroid gland
3. T3 Hormone is secreted by which endocrine gland (CO2, K2)
(a) Pituitary (b) Pineal
(c) Thyroid (d) Thymus

4. How many bones are in human body? (CO2, K2)
(a) 216 (b) 290
(c) 206 (d) 200
5. Which of the following is the macro nutrients? (CO3, K5)
(a) Protein (b) Calcium
(c) Phosphorus (d) Zinc
6. Circadian clock is located in which part of brain (CO3, K5)
(a) Cerebrum (b) Cerebellum
(c) Hypothalamus (d) Medulla oblongata
7. Metabolic syndrome does not include (CO4, K5)
(a) Hypertension (b) Abdominal obesity
(c) Dyslipidemia (d) Hyperthyroidism
8. Which one is the principle organs concerned with Respiratory process? (CO4, K5)
(a) Heart (b) Liver
(c) Lungs (d) Brain
9. How many types of Blood groups in human Body? (CO5, K5)
(a) 5 (b) 3
(c) 4 (d) 6
10. What is the percentage of muscle in the body? (CO5, K5)
(a) 50 (b) 60
(c) 70 (d) 80

Part B

(5 × 5 = 25)

Answer **all** the questions not more than 500 words each.

11. (a) Describe about the Mitochondria. (CO1, K1)

Or

- (b) Explain about the Mechanism of muscle contraction. (CO1, K1)

12. (a) Illustrate the Types of Joints. (CO2, K2)

Or

- (b) Describe the effect of Yoga on Skeletal System. (CO2, K2)

13. (a) Explain about the Balanced Diet. (CO3, K5)

Or

- (b) Describe about the Minerals. (CO3, K5)

14. (a) Explain about mechanism of Respiration. (CO4, K5)

Or

- (b) Explain about the Common respiratory disorders. (CO4, K5)

15. (a) Explain about the Structure and function of Heart. (CO5, K5)

Or

- (b) Write note on anatomy of blood. (CO5, K5)

Part C

(5 × 8 = 40)

Answer **all** the questions not more than 1000 words each.

16. (a) Describe about the Nervous Tissue. (CO1, K1)

Or

- (b) Illustrate the Cell Structure. (CO1, K1)

17. (a) Explain the Skeletal system of Human Body.
(CO2, K2)

Or

- (b) Write note on Classification of bones. (CO2, K2)

18. (a) Given brief notes on Digestive system with diagram.
(CO3, K5)

Or

- (b) Brief note on Vitamins. (CO3, K5)

19. (a) Explain the effect of Yoga on Respiratory system.
(CO4, K5)

Or

- (b) Illustrate the Respiratory System. (CO4, K5)

20. (a) Explain the effect of Yoga on Cardiovascular System.
(CO5, K5)

Or

- (b) Mention the working mechanism of Heart.(CO5, K5)

R0462

Sub. Code

7243C1

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2023

Third Semester

Yoga

BASIC PRINCIPLES OF YOGA THERAPY

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** the following objective questions by choosing the correct option.

1. Dukham means (CO1, K3)
(a) Suffering (b) Cheering
(c) appetite (d) breathing
2. Cleansing system used to purify body is shat (CO1, K3)
(a) Kumbakha (b) Sampath
(c) Kriyas (d) Ripus
3. Vyathi means (CO2, K1)
(a) ill health (b) Cheerfulness
(c) appetite (d) happiness
4. SvasaPrasvasa (CO2, K1)
(a) eating
(b) irregular breathing
(c) physical discomfort
(d) unhappiness

5. The two major types of Neti Kriya are (CO3, K2)
(a) Jala and Ghrita (b) Sutra, Dugdha
(c) Jala, Sutra (d) Sutra, Madhu
6. Which Pranayama is advisable for thyroid problem? (CO3, K2)
(a) Bhastrika (b) Brahmari
(c) Suryabhedhi (d) Shitli
7. Chakra means (CO4, K2)
(a) Organ (b) Energy path
(c) Thought (d) None
8. Protein rich food (CO4, K2)
(a) Pea (b) Soyabeans
(c) Gram (d) Rice
9. 5th Stage of Astanga Yoga (CO5, K1)
(a) Niyama (b) Samathi
(c) Prathyahara (d) Asana
10. Mudra means (CO5, K1)
(a) Gesture (b) Breathing techniques
(c) Energy (d) Consciousness

Part B (5 × 5 = 25)

Answer **all** the questions not more than 500 words each.

11. (a) Describe the Indian System of Ayurveda. (CO1, K3)

Or

- (b) Write the short note on principle of Yoga Therapy. (CO1, K3)

12. (a) Describe about Styana, Samshayas, and Pramad. (CO2, K1)

Or

- (b) Explain Mental and Emotional Health. (CO2, K1)

13. (a) What is Swara Yoga and explain. (CO3, K2)

Or

- (b) Write the notes on Importance of Health and healing. (CO3, K2)

14. (a) Describe the Yogic principle of Diet. (CO4, K2)

Or

- (b) Mention the role of prevention of disease. (CO4, K2)

15. (a) Explain the types of Bandha. (CO5, K1)

Or

- (b) Explain Bhastrika Pranayama. (CO5, K1)

Part C (5 × 8 = 40)

Answer **all** the questions not more than 1,000 words each.

16. (a) Explain the application of Indian System of Medicine. (CO1, K3)

Or

- (b) Write note on the role of Preventive Health Care. (CO1, K3)

17. (a) Describe the physical and physiological manifestation of disease. (CO2, K1)

Or

(b) Explain about Mental and Emotional ill health. (CO2, K1)

18. (a) Brief note on concept of cleansing. (CO3, K2)

Or

(b) Describe the Astanga Yoga of Patanjali for Health an Healing. (CO3, K2)

19. (a) Explain about the role of positive attitude. (CO4, K2)

Or

(b) Explain the concept of Bhavas and Bhavanas. (CO4, K2)

20. (a) Psycho-Physiological effects and health benefits of mediation. (CO5, K1)

Or

(b) Describe the role of yoga therapy for Asthma. (CO5, K1)

R0463

Sub. Code

7243C2

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2023

Third Semester

Yoga

METHODOLOGY OF YOGA TEACHING

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** the following questions by
choosing the correct option.

1. Shishya means (CO1, K2)
(a) Deciple (b) Valaur
(c) Actor (d) God
2. Yoga teacher (CO1, K2)
(a) Guru (b) Acharya
(c) Practioner (d) All above
3. “Readiness for learning” refers to: (CO2, K1)
(a) General ability level of students
(b) Present cognitive level of students in the learning continuum
(c) Satisfying nature of the act of learning
(d) Learning capacity

4. Components of teaching includes (CO2, K1)
- (a) What to teach
 - (b) Motivation through teaching
 - (c) To teach Discipline
 - (d) Where to teach
5. Methodology of teaching (CO3, K1)
- (a) Instruction Method
 - (b) One to one teaching
 - (c) Group teaching
 - (d) None of above
6. Good lesson plan (CO3, K1)
- (a) Simple specific detailed
 - (b) Have advanced asanas
 - (c) Relaxation
 - (d) None of above
7. Group plan in classroom system (CO4, K2)
- (a) Theory (b) Practical
 - (c) Physical (d) All the above
8. Yoga education technology (CO4, K2)
- (a) Online Zoom (b) Whatsup
 - (c) Google Meet (d) All the above
9. Define Acharya (CO5, K1)
- (a) Practioner (b) Preacher
 - (c) Leaner (d) All the above

10. Pedagogy (CO5, K1)
- (a) Study of being teacher
 - (b) Educator
 - (c) Guru Parambara
 - (d) Method of teaching

Part B (5 × 5 = 25)

Answer **all** the questions, not more than 500 words each.

11. (a) Explain the concept and relationship between Teaching and Learning. (CO1, K2)
- Or
- (b) Write the short note on Yogic levels of learning. (CO1, K2)
12. (a) Explain the sources of Teaching methods. (CO2, K1)
- Or
- (b) Describe meaning and scope of Teaching Methodology. (CO2, K1)
13. (a) Describe the Techniques of Mass Teaching Method. (CO3, K1)
- Or
- (b) Describe the Technique of Individualized Teaching. (CO3, K1)
14. (a) Explain the models of lesson plan. (CO4, K2)
- Or
- (b) Mention the principle of lesson plan. (CO4, K2)
15. (a) Describe the importance of Education Technology. (CO5, K1)
- Or
- (b) Explain the Application of Education technology in Yoga. (CO5, K1)

Part C

(5 × 8 = 40)

Answer **all** the questions, not more than 1000 words each.

16. (a) Explain the different between Traditional and Modern Teaching Methods. (CO1, K2)

Or

- (b) Mention the principles of teaching. (CO1, K2)

17. (a) Describe about meaning and scope of Teaching methods. (CO2, K1)

Or

- (b) Write brief note on Yoga Teacher. (CO2, K1)

18. (a) Explain the concept and needs of planning of teaching Yoga. (CO3, K1)

Or

- (b) Describe the techniques of group teaching. (CO3, K1)

19. (a) Explain about the Lesson plan and its Practical application. (CO4, K2)

Or

- (b) Mention about concept and planning of teaching yoga. (CO4, K2)

20. (a) Describe the effective use of library and other resources. (CO5, K1)

Or

- (b) Brief note on educational technology in Yoga. (CO5, K1)

R0464

Sub. Code

7243A3

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2023

Third Semester

Yoga

***Allied* – FUNDAMENTALS OF NATUROPATHY**

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** the following objective questions by choosing the correct option.

1. Naturopathy is one of the part of (CO1, K1)
(a) WHO (b) AYUSH
(c) ICMR (d) UNICEF
2. Sharira means (CO1, K1)
(a) Sun
(b) Human body
(c) Moon
(d) Meridians
3. National Institute of Naturopathy is in (CO2, K2)
(a) New Delhi
(b) Pune
(c) Bengaluru
(d) Hyderabad

4. Ahara means (CO2, K2)
(a) Food
(b) Water
(c) Air
(d) Fire
5. According to Naturopathy the cause for disease is (CO3, K1)
(a) Microorganism
(b) Food and activities
(c) Apathya
(d) Obstruction of nature way
6. Upavasa means (CO3, K1)
(a) Maintain our body
(b) Fasting
(c) Health promotion
(d) Disease prevention
7. How many types of massage? (CO4, K2)
(a) 7 (b) 6
(c) 5 (d) 4
8. How many types of Diet? (CO4, K2)
(a) 5 (b) 6
(c) 8 (d) 3
9. Accupressure is used to (CO5, K5)
(a) Stimulate specific points on the body
(b) Controlling the mind
(c) Calmness
(d) Prevention of disease

10. Chromo therapy is called as (CO5, K5)
- (a) Colour therapy
 - (b) Acupressure
 - (c) Massage
 - (d) Magnettherapy

Part B (5 × 5 = 25)

Answer **all** the questions not more than 500 words each.

11. (a) Write note on history of Indian Naturopathy. (CO1, K1)

Or

- (b) Explain the benefits of Naturopathy. (CO1, K1)

12. (a) Explain about Pancha - Mahabootas. (CO2, K2)

Or

- (b) Mention the importance of physical and Mental Hygiene. (CO2, K2)

13. (a) Write a note on de-toxification. (CO3, K1)

Or

- (b) Write short notes on Hydrotherapy. (CO3, K1)

14. (a) Write short note on the massage and its type. (CO4, K2)

Or

- (b) Explain the role of Naturopathy Diet. (CO4, K2)

15. (a) Explain the type of Nature treatment. (CO5, K5)

Or

- (b) Mention the difference between Sunbath and Chromo bath. (CO5, K5)

Part C

(5 × 8 = 40)

Answer **all** the questions, not more than 1000 words each.

16. (a) State the role of Naturopathy diet in health promotion. (CO1, K1)

Or

- (b) Write note on Colour therapy. (CO1, K1)

17. (a) Explain about fundamental principle of Naturopathy. (CO2, K2)

Or

- (b) Describe about Shareera Dharmas. (CO2, K2)

18. (a) Brief note on Upavasa (fasting). (CO3, K1)

Or

- (b) Explain the procedure and benefits of accupressure. (CO3, K1)

19. (a) Describe about Diet and its important. (CO4, K2)

Or

- (b) Mention the role of massage in disease prevention. (CO4, K2)

20. (a) Explain Mud therapy. (CO5, K5)

Or

- (b) Write note on Accupuncture. (CO5, K5)