

R1225

Sub. Code

813201

M.Sc. DEGREE EXAMINATION, APRIL – 2024

Second Semester

Yoga

SCIENTIFIC APPROACH OF YOGA

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

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

1. What is study of the cell, its types, structure, functions and its organelles? (CO1, K1)
(a) Biology (b) Cell Biology
(c) Microbiology (d) Biotechnology
2. Which connects muscle to bone is called? (CO1, K1)
(a) Ligament
(b) Tendon
(c) Nervous tissue
(d) All of the above
3. Which is locked in Mulabandha? (CO2, K2)
(a) Abdomen
(b) Chine
(c) Both (a) and (b)
(d) Root

4. How to join Agni Mudra? (CO2, K2)
(a) Thumb and Index Finger
(b) Thumb and Ring Finger
(c) Thumb and Middle Finger
(d) None of these
5. Which is Shat Karma? (CO3, K2)
(a) Purification (b) Action
(c) Both (a) and (b) (d) None of these
6. Where does Ajna Chakra locate? (CO3, K4)
(a) Eyebrow Centre
(b) Chest
(c) Tongue
(d) Legs
7. What is the Ida Nadi is related to which nostril? (CO4, K2)
(a) Left Nostril
(b) Right Nostril
(c) Left and Right Nostril
(d) None of these
8. Why is Meditation important? (CO4, K2)
(a) Effectively Reduces Stress
(b) Positively Reduces Stress
(c) Really is helpful to the Mind
(d) All of the above
9. Which is Heart Chakra? (CO5, K4)
(a) Ajna (b) Muladhara
(c) Anahata (d) Sahasrara

10. Which Chakra the union of Ida and Pingalanadi take place? (CO5, K4)
- (a) Manipra (b) Anahata
(c) Anja (d) Visudhi

Part B (5 × 5 = 25)

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

11. (a) Explain the functions of Circulatory System. (CO1, K1)

Or

- (b) Explain various types of Bones. (CO1, K1)

12. (a) Simplify the benefits of Sharkriy. (CO2, K2)

Or

- (b) Explain the technique and benefits of Viparitakarani Mudra. (CO2, K2)

13. (a) Simplify the benefits of Shankhaprakshalana. (CO3, K2)

Or

- (b) Describe the technique and benefits of Dakshina Nauli. (CO3, K2)

14. (a) Explain the procedure of Kapalbhati. (CO4, K2)

Or

- (b) Support the procedure of Nadi shoadhana pranayama. (CO4, K5)

15. (a) Simplify the Psycho Neuro Immunity. (CO6, K4)

Or

- (b) Outline the benefits of Chackras. (CO5, K4)

Part C

(5 × 8 = 40)

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

16. (a) Describe the various type of Tissue - Explain them.
(CO1, K1)

Or

- (b) Evaluate the Mechanism of Breathing procedure.
(CO1, K1)

17. (a) Explain the various types Bandhas. (CO2, K2)

Or

- (b) Describe the Physiological benefits of Mudras.
(CO2, K2)

18. (a) Evaluate about the Agni Sarakriya. (CO3, K2)

Or

- (b) Illustrate the Nauli - Explain them. (CO3, K2)

19. (a) Explain the various types of Meditation and Physiological. (CO4, K2)

Or

- (b) Determine the various types of Nadis and benefits.
(CO4, K2)

20. (a) Evaluate the Kundalini Yoga. (CO5, K4)

Or

- (b) Illustrate about the Chackras - Explain them.
(CO5, K4)

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813202

M.Sc. DEGREE EXAMINATION, APRIL – 2024

Second Semester

Yoga

APPLIED YOGA IN MODERN LIFE

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

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

1. Which is a disorder or bad functioning (malfunction of mind or body) which leads to the Departure of good health (CO1, K2)
(a) Physical disease (b) Health
(c) Disease (d) Infectious
2. How to Rest, Sleep, Physical Exercise, and Cleanliness a part of (CO1, K2)
(a) Social hygiene (b) Personal hygiene
(c) Hygiene (d) None of the above
3. Our personalities developed as a result of (CO2, K4)
(a) Genetic inheritance
(b) Environmental influences
(c) Both of the above
(d) None of these

4. Most subjective method for measuring personality of a child is (CO2, K4)
- (a) Projective Method
 - (b) Interview Method
 - (c) Questionnaire Method
 - (d) Sociometry Method
5. Which asana can restore spinal strength? (CO3, K4)
- (a) Gomukhasana (b) Child poses
 - (c) Chakrasana (d) Matsyasana
6. Which of the following is one of the parts of the hindbrain? (CO3, K4)
- (a) Hypothalamus (b) Cerebellum
 - (c) Corpus Callosum (d) Spinal Cord
7. Which of the following nadis corresponds to the state of equilibrium? (CO4, K2)
- (a) Pingala (b) Sushumna
 - (c) Ida (d) Saraswati
8. Which stress hormone increases sugars in the bloodstream and enhances the brain's Use of glucose? (CO4, K4)
- (a) Adrenalin (b) Testosterone
 - (c) Cortisol (d) All of the above
9. Which part of body is specifically affected by the consumption of excessive alcohol? (CO5, K5)
- (a) Stomach (b) Skin
 - (c) Heart (d) Liver

10. What is the raja Yoga is controlling our (CO6, K4)
(a) Sense Organs (b) Organs of Action
(c) Mind (d) Our emotions

Part B (5 × 5 = 25)

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

11. (a) Explain the Health and Hygiene. (CO1, K2)

Or

- (b) Describe the Positive Health. (CO1, K2)

12. (a) Explain the Physical Health. (CO2, K2)

Or

- (b) Define Mental Health. (CO2, K2)

13. (a) Prepare the Yogic Therapy chart for Diabetes. (CO3, K4)

Or

- (b) Definition of Yoga Therapy for Health. (CO3, K4)

14. (a) Justify the Hygiene for the Health. (CO4, K2)

Or

- (b) Predict the Psychological Attitude explains. (CO4, K2)

15. (a) Explain the Problem solving through Yoga. (CO5, K5)

Or

- (b) Criticize the side effect of Alcohol. (CO5, K5)

Part C

(5 × 8 = 40)

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

16. (a) Determine the various dimension of Health and Explain it. (CO1, K2)

Or

- (b) Explain the importance of yard stick of Health. (CO1, K2)

17. (a) Discuss about the Physical Education and Sports Fitness. (CO2, K4)

Or

- (b) Interpret the character of Health Personality. (CO2, K4)

18. (a) Describe the General Fitness for Health development. (CO3, K4)

Or

- (b) Explain the development of General Fitness. (CO3, K4)

19. (a) Analyze the distinguish between Stress Response and Relaxation Response. (CO4, K2)

Or

- (b) Explain the Nadis and how to purification in the Air. (CO4, K2)

20. (a) Illustrate the Artificial Stimulants and their side effect. (CO5, K5)

Or

- (b) Discuss about the problems of Executives. (CO5, K5)

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813203

M.Sc. DEGREE EXAMINATION, APRIL – 2024

Second Semester

Yoga

YOGIC PRACTICES AND SOCIAL VALUES

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

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

1. Marichyasana is a (CO1, K2)
(a) Saga Twist pose (b) Cobra pose
(c) Bridge pose (d) Camel pose
2. The benefits of setu Bandha Sarvangasana. (CO1, K3)
(a) Reduce stress (b) Anxiety
(c) Depression (d) All the above
3. Which type of breathing is considered yogic breathing (CO2, K3)
(a) Abdominal breathing
(b) Thoracic breathing
(c) Clavicular breathing
(d) All of the above
4. What does the word prana means? (CO2, K3)
(a) Air (b) Breathing
(c) Vital energy (d) Root

5. Maha mudra eliminates _____ depression as it removes all energy blockages (CO3, K5)
- (a) Mental (b) Physical
(c) Social (d) Spiritual
6. Uddiyana bandha is : (CO3, K4)
- (a) Abdominal retraction lock
(b) Anus lock
(c) Throttle lock
(d) None of the above
7. To workship of God with the form is _____. (CO4, K2)
- (a) Silent meditation
(b) Yoga meditation
(c) Saguna meditation
(d) Nirguna meditation
8. Prolonged concentration leads to (CO4, K2)
- (a) Dharna (b) Dhyana
(c) Pratyahara (d) Samadhi
9. Which one is not a negative emotion? (CO5, K4)
- (a) Hatred (b) Jealousy
(c) Anger (d) Sympathy
10. _____ is a state of truth, simplicity and equanimity in action. (CO5, K4)
- (a) Tamas (b) Rajas
(c) Sathya (d) None of the above

Part B

(5 × 5 = 25)

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

11. (a) Explain in detail about Eka pada Chakrasana. (CO1, K3)

Or

- (b) Explain in detail about Ardha Baddhapadma paschimothasana. (CO1, K3)

12. (a) Write about the method of doing Ujjayi Pranayama. (CO2, K3)

Or

- (b) Explain any one sectional breathing. (CO2, K3)

13. (a) Tell me about the benefits of Kriyas. (CO3, K3)

Or

- (b) Describe any two mudras in detail. (CO3, K3)

14. (a) What is meant by Nirguna and saguna meditation? (CO4, K2)

Or

- (b) Determine the parts of lesson plan of yogic practices. (CO4, K2)

15. (a) Explain about the Inter personal skills. (CO5, K4)

Or

- (b) How to prove our leadership skills? (CO5, K4)

Part C

(5 × 8 = 40)

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

16. (a) Describe the procedure and thearapeutical benefits of Garudasana and Poorna Ustrasna. (CO1, K4)

Or

- (b) Illustrate about the karna pidasana and Marichyasana. (CO1, K4)

17. (a) How to practice sadanta pranayama and Nadishudhi pranayama. (CO2, K4)

Or

- (b) Explain surya and chandra bhedana. (CO2, K3)

18. (a) Illustrate about the kriyas. (CO3, K4)

Or

- (b) Describe any four mudras and its benefits.(CO3, K4)

19. (a) Describe the method of preparation of lesson plan for yogic practices. (CO4, K4)

Or

- (b) Illustrate the practices of different schools of meditation. (CO4, K4)

20. (a) Compare the verbal and non verbal communication. (CO5, K4)

Or

- (b) What is meant bys perception and explain. (CO5, K4)

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813503

M.Sc. DEGREE EXAMINATION, APRIL – 2024

Second Semester

Yoga

**Elective — INTRODUCTION TO PSYCHOLOGY AND
COUNSELLING**

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer the following objective questions by choosing the correct option.

1. Increased sensitivity to food and its reward value play an important role in which disorder? (CO1, K1)
(a) Bulimia Nervosa (b) Anorexia Nervosa
(c) Binge eating (d) Both (a) and (c)

2. In psychoanalytic therapy, the fear that the instincts will get out of hand and cause the person to do something for which she or he will be punished is (CO1, K3)
(a) Reality Anxiety
(b) Moral Anxiety
(c) Neurotic Anxiety
(d) Panic attack

3. Which processing refers to the use of contextual information to the use of 'big picture'? (CO2, K3)
- (a) Top-down processing
 - (b) Bottom-up processing
 - (c) Lateral processing
 - (d) Complex processing
4. Humans process information with limited capacity and select information to be processed early is (CO2, K3)
- (a) Treisman's theory of attention
 - (b) Broadbent's theory of attention
 - (c) Object centered perception
 - (d) Atomicity theory
5. Latent learning is said to occur: (CO3, K2)
- (a) In the absence of punishment
 - (b) In the absence of shock
 - (c) In the absence of reward
 - (d) All of the above
6. Which memory system is called the store house of consciousness? (CO3, K2)
- (a) Long term memory
 - (b) Short term memory
 - (c) Sensory memory
 - (d) Episodic memory

7. Rules that are used to describe how the phrases and the words should be used in a language so that they can make a grammatically acceptable sentence. (CO4, K3)
- (a) Semantics (b) Syntax
(c) Phonemes (d) Morphem
8. A logical approach where you progress from general ideas to specific conclusions is (CO4, K4)
- (a) Inductive Reasoning
(b) Deductive Reasoning
(c) Hypotheses construction
(d) All of the above
9. _____ is the motivational tension or arousal that energizes behavior in order to fulfill some need. (CO5, K3)
- (a) Incentive (b) Drive
(c) Motive (d) Instincts
10. Empty chair technique belongs to which therapy (CO5, K2)
- (a) Psychoanalytic therapy
(b) Gestalt therapy
(c) Systems therapy
(d) Existential therapy

Part B

(5 × 5 = 25)

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

11. (a) Explain Single blind experiment with examples.
(CO1, K3)

Or

- (b) Explain Eclectic counselling along with its advantages and disadvantages. (CO1, K3)
12. (a) Detailed note on Attention, Perception and Illusion.
(CO2, K3)

Or

- (b) Explain Neisser's model of perception. (CO2, K3)
13. (a) Explain the observational learning. (CO3, K3)

Or

- (b) Explain Semantic Vs. Episodic memory and Declarative Vs. Procedural memory. (CO3, K4)
14. (a) Discuss the factors affecting problem solving skill.
(CO4, K5)

Or

- (b) Explain the modularity hypothesis and Whorfian hypothesis.
(CO4, K5)

15. (a) Describe emotion and motivation in process of development. (CO5, K3)

Or

- (b) Explain facial feedback hypothesis. (CO5, K4)

Part C (5 × 8 = 40)

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

16. (a) Give a detailed account on different types of eating disorders. (CO1, K4)

Or

- (b) Explain the stages of counselling with two examples. (CO1, K4)

17. (a) Define Attention. Explain in detail the theories of attention. (CO2, K3)

Or

- (b) Explain the nature and types of illusion. (CO2, K3)

18. (a) Define Information processing model and explain its types. (CO3, K4)

Or

- (b) Describe in detail the concept of working memory. (CO3, K4)

19. (a) Give a detailed account on Network models of cognition. (CO4, K5)

Or

- (b) Describe in detail Cognitive theory of language acquisition. (CO4, K5)

20. (a) Define Humanistic theory. Explain two humanistic approaches in psychology. (CO5, K3)

Or

- (b) Explain Erikson's eight stages of development. (CO5, K4)
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813401

M.Sc. DEGREE EXAMINATION, APRIL – 2024

Fourth Semester

Yoga

PRINCIPLES OF YOGIC THERAPY

(CBCS – 2022 onwards)

Time : Three Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

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

1. Which of the following body function is regulated by the thyroid producing hormones? (CO1,K1)
(a) Digestion (b) Temperature
(c) Metabolism (d) Thyroid cancer
2. _____ is a mind body practice that focuses on your physical, emotional and mental health. (CO1,K1)
(a) Yoga therapy (b) Physiotherapy
(c) Hydrotherapy (d) Cryotherapy
3. _____ is a feeling of emotional or physical tension. (CO2,K1)
(a) Dynamics (b) Stress
(c) Confidence (d) Self-concept
4. How many phases are there in stress disorders? (CO2,K1)
(a) 6 (b) 3
(c) 7 (d) 4

5. Which of the sheath of intellect encloses these lower bodies with higher intellect? (CO3,K1)
- (a) Vijnanamayakosha
 - (b) Manomayakosa
 - (c) Pranamayakosha
 - (d) Annamayakosha
6. How many stages are in ashtanga yoga for the purification of body mind and soul? (CO3,K1)
- (a) 4
 - (b) 5
 - (c) 8
 - (d) 2
7. Which pranayama producing bee sound? (CO3,K1)
- (a) Ujjayi
 - (b) Bhramari
 - (c) Bhastrika
 - (d) Kapalabhati
8. Peptic ulcers mainly occurs in the _____ (CO4,K1)
- (a) Large intestine
 - (b) mouth
 - (c) stomach
 - (d) spleen
9. What is the best diagnostic investigation to detect peptic ulcers? (CO4,K1)
- (a) Endoscopy
 - (b) Radiography
 - (c) Urea breath test
 - (d) Abdominal CT
10. Meditation is a common option for children with _____ (CO5,K1)
- (a) Adjustment disorder
 - (b) Concentration disorders
 - (c) Conduct disorder
 - (d) Bipolar disorder.

Part B

(5 × 5 = 25)

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

11. (a) Explain the concept of yoga therapy. (CO1,K2)

Or

- (b) Explain the hatha pradipika (CO1,K2)

12. (a) Explain the kinds of diseases according to Steven F.Brena injuries and diseases. (CO2,K2)

Or

- (b) Explain the stress model diseases (CO2,K2)

13. (a) Explain the principles of yogic therapy (CO3,K2)

Or

- (b) Explain the diet regulation mental tranquility in yogic therapy. (CO3,K3)

14. (a) Explain the yogic therapy disorders on colitis. (CO4,K2)

Or

- (b) Explain the yogic therapy disorders on peptic ulcer. (CO4,K2)

15. (a) Explain the types of medicine and relation of yoga. (CO5,K2)

Or

- (b) Explain the difference between naturopathy and Ayurveda. (CO5,K3)

Part C

(5 × 8 = 40)

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

16. (a) Explain the neurohumoral model based on the studies of K.N. udupa and vahia. (CO1,K3)

Or

- (b) Explain the theories of Steven F. Brena (CO1,K3)

17. (a) Explain the paradigm shifts in modern medicines. (CO5,K3)

Or

- (b) Explain the vicious cycle of chronic disease in detail. (CO2,K3)

18. (a) Explain the need and importance of yoga therapy. (CO2,K3)

Or

- (b) Explain the need for correct diagnosis, patient education and follow up measures. (CO3,K3)

19. (a) Explain the yogic therapy for various disorders and explain heart disorders, bronchial and diabetes mellitus. (CO4,K2)

Or

- (b) Explain the scope and limitations of yoga treatment in asthma, thyrotoxicosis and arthritis. (CO4,K2)

20. (a) Explain the issues and problems in yoga therapeutic approach in detail. (CO5,K3)

Or

- (b) Distinguish between naturopathy, siddha medicine, Ayurveda and modern medicine. (CO5,K3)