

R2245

Sub. Code

813101

M.Sc. DEGREE EXAMINATION, NOVEMBER – 2024.

First Semester

Yoga

SCIENTIFIC BASIS 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. The body contains around _____ trillion cells. (CO1, K1)
(a) 50–100 (b) 5–20
(c) 10–30 (d) 20–40
2. In Brain, the _____ lobe helps process your hearing and other senses, and helps with language and reading. (CO1, K1)
(a) Temporal (b) Frontal
(c) Parietal (d) Occipital
3. Yogic Diet consists of foods with _____ qualities, which increase energy and create balance in the mind and body. (CO2, K2)
(a) Kundalini (b) Sattvic
(c) Knowledge (d) Living

4. Father of yoga (CO2, K2)
 - (a) Vivekanandar (b) Patanjali
 - (c) Valmiki (d) Agathiyar
5. _____ Pranayama is extremely effective in tackling anxiety and depression. (CO3, K3)
 - (a) Anulom vilom (b) Sitali
 - (c) Sitkari (d) Bhramari
6. _____ are yoga's ethical guidelines laid out in the first two limbs of Patanjali's eightfold path. (CO3, K3)
 - (a) Yama and Niyama (b) Asana
 - (c) Pranayama (d) Prathiyakara
7. _____ include exercise, nutrition, sleep, sexual health and making healthy decisions around substance use. (CO4, K4)
 - (a) Physical Health (b) Mental Health
 - (c) Social Health (d) None of these
8. Yoga is an _____ practice that may have originated in India. (CO4, K4)
 - (a) Ancient (b) Modern
 - (c) Mid-ancient (d) None of these
9. In India, _____ is also considered as the father of modern yoga. (CO5, K5)
 - (a) Tirumalai Krishnamacharya
 - (b) B.K.S. Iyengar
 - (c) Shiva
 - (d) Kuvalayananda
10. In 1924, Kuvalayananda founded the Kaivalyadhama Health and Yoga Research Center in _____. (CO5, K5)
 - (a) Maharashtra (b) Tamilnadu
 - (c) Karnataka (d) Punjab

Part B

(5 × 5 = 25)

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

11. (a) Explain the primary importance of nervous system. (CO1, K1)

Or

- (b) Explain the systems in Yoga. (CO1, K1)

12. (a) Give an elaborate account on maintenance of good health. (CO2, K2)

Or

- (b) Explain in detailed account on importance of Yoga. (CO2, K2)

13. (a) Explain the causes and harmful effects of health and disease. (CO3, K3)

Or

- (b) Explain the tackling the common conflicts in Yoga. (CO3, K3)

14. (a) Explain the techniques of Yoga in modern days. (CO4, K4)

Or

- (b) Explain in detailed about evaluation of Yogic Phenomena. (CO4, K4)

15. (a) Explain the experiment research in Yoga. (CO5, K5)

Or

- (b) Briefly explain about the need and promotion of Yoga research. (CO5, K5)

Part C

(5 × 8 = 40)

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

16. (a) Give an elaborate account on relative importance of Endocrine system. (CO1, K1)

Or

- (b) Explain the physiological priorities of Brain. (CO1, K1)

17. (a) Difference between the Modern and Yogic concept on Diet. (CO2, K2)

Or

- (b) Explain the Yoga as a measure fostering positive mental health. (CO2, K2)

18. (a) Explain the mastery over one's own mind through Yoga. (CO3, K3)

Or

- (b) Explain the meditational practices through Yoga. (CO3, K3)

19. (a) Explain the emotional wellbeing to individuals through Yoga. (CO4, K4)

Or

- (b) Explain the Yogic through modern objective research. (CO4, K4)

20. (a) Explain the contributions of various research institutions through Yoga. (CO5, K5)

Or

- (b) Explain the modern sophisticated instruments in Yoga. (CO5, K5)

R2246

Sub. Code

813102

M.Sc. DEGREE EXAMINATION, NOVEMBER – 2024

First Semester

Yoga

RESEARCH METHODOLOGY IN YOGIC PRACTICE

(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. _____ is the main role of research in education.
(CO1, K1)
 - (a) To help an applicant in becoming a renowned educationalist
 - (b) To increase one's job prospects
 - (c) To augment one's personal growth
 - (d) To upsurge one's social status
2. Find the first step of research is _____.
(CO1, K1)
 - (a) Selecting a problem
 - (b) Identifying a problem
 - (c) Finding a problem
 - (d) Searching a problem

3. Classify the manipulation is always a part of _____.
(CO2, K2)

- (a) Historical research
- (b) Fundamental research
- (c) Experimental research
- (d) Descriptive research

4. The research which is exploring new facts through the study of the past is called _____. (CO2, K2)

- (a) Philosophical research
- (b) Mythological research
- (c) Content Analysis
- (d) Historical research

5. _____ is the two types of research data.
(CO2, K2)

- (a) Quantitative and Qualitative data
- (b) Organized and Unorganized data
- (c) Processed and Unprocessed data
- (d) None of these

6. _____ types of philosophy are there. (CO4, K3)

- (a) Three
- (b) Four
- (c) Five
- (d) Six

7. The study of reality in the broadest sense, an inquiry into the elemental nature of the universe and the things in it, is known as _____ (CO4, K3)
- (a) Quantum Physics
 - (b) Epistemology
 - (c) Metaphysics
 - (d) Axiology
8. _____ research method is a bottom-up approach to research. (CO5, K4)
- (a) Deductive method
 - (b) Explanatory method
 - (c) Exploratory method
 - (d) Inductive method
9. The mean of the data: 4, 11, 5, 8, 12 is (CO6, K5)
- (a) 8 (b) 18
 - (c) 5 (d) 12
10. Variables which can be measured in the terms of height, weight are _____ (CO6, K5)
- (a) Flowchart Variables
 - (b) Continuous Variables
 - (c) Measuring Variables
 - (d) Discrete Variables

Part B

(5 × 5 = 25)

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

11. (a) Nature and scope of research. (CO1, K1)

Or

- (b) Explain the research in yoga. (CO1, K1)

12. (a) Classify the types of research. (CO2, K2)

Or

- (b) Distinguish between Historical research and case studies. (CO2, K2)

13. (a) Examine psycho physical scaling methods. (CO3, K2)

Or

- (b) Compare Interview and Observation. (CO3, K2)

14. (a) Aims of Philosophical studies. (CO3, K3)

Or

- (b) Explain the planning of research project. (CO5, K4)

15. (a) Explain independent variable and dependent variable. (CO6, K5)

Or

- (b) Measure the mean, median, mode to the following data : (CO6, K4)

21, 62, 66, 66, 79, 28, 63, 48, 59, 94, 19.

Part C

(5 × 8 = 40)

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

16. (a) Express the relationship of research to yoga and limitation of yoga Research. (CO1, K1)

Or

- (b) Examine experimental research and non-experimental research. (CO2, K2)

17. (a) Classify the methods of data collection. (CO3, K3)

Or

- (b) Examine the psychological scaling methods. (CO3, K2)

18. (a) Identify the methods of data collection for case study. (CO4, K3)

Or

- (b) Construct the aims, objectives and nature of philosophical studies. (CO4, K3)

19. (a) Explain the statistics parameters to record for specific diseases like Obesity, asthma, low back pain. (CO5, K4)

Or

- (b) Express the research methodology in yoga. (CO5, K4)

20. (a) Explain the use of statistical techniques in research.
(CO6, K5)

Or

- (b) Compare the extraneous variables and intervening variables.
(CO6, K5)
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R2247

Sub. Code

813103

M.Sc. DEGREE EXAMINATION, NOVEMBER – 2024.

First Semester

Yoga

ANATOMY AND PHYSIOLOGY

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

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

1. No. of bones in vertebral column is (CO1, K1)
(a) 33 (b) 23
(c) 13 (d) 20
2. Total no of bones in adult is (CO1, K1)
(a) 106 (b) 206
(c) 306 (d) 300
3. Which of the following blood group is called as universal donor? (CO2, K3)
(a) AB⁺ (b) A⁺
(c) B⁺ (d) O⁻
4. Alveoli is related with _____ system. (CO2, K3)
(a) Skeletal (b) Urinary
(c) Respiratory (d) Nervous

5. Which is called Master of the glands? (CO1, K2)
 (a) Pituitary (b) Thyroid
 (c) Para thyroid (d) Adrenal
6. Find the odd one out (CO3, K4)
 (a) Eye (b) Ear
 (c) Tongue (d) Nose
7. Type 1 Muscle fiber is (CO3, K4)
 (a) Slow (b) Fast
 (c) Active (d) Hyper active
8. The total amount of air exhaled after maximal inhalation is called as (CO1, K1)
 (a) Oxygen dept (b) Second wind
 (c) Vital capacity (d) Stroke volume
9. Bicuspid and Tricuspid valves are in (CO1, K2)
 (a) Heart (b) Lungs
 (c) Kidneys (d) Stomach
10. Fatigue means (CO1, K2)
 (a) Active (b) Fast
 (c) Tired (d) Energetic

Part B (5 × 5 = 25)

Answer **all** the questions nor more than 500 word each.

11. (a) Explain the types of muscles. (CO1, K2)
- Or
- (b) Find out the bones of the extremities. (CO1, K2)

12. (a) Comment on constituents of blood. (CO2, K3)

Or

- (b) Comment on Lung capacity and Tidal volume.
(CO2, K3)

13. (a) Write the functions of esophagus in digestive system. (CO1, K1)

Or

- (b) Write the functions of thyroid gland. (CO1, K1)

14. (a) Discuss about neuromuscular junction. (CO3, K4)

Or

- (b) Discuss about vital capacity. (CO3, K4)

15. (a) Analyze the benefits of warming up. (CO2, K3)

Or

- (b) Analyze the ways to overcome the fatigue. (CO2, K3)

Part C (5 × 8 = 40)

Answer **all** the questions nor more than 1000 word each.

16. (a) Analyze the gender differences in human body. (CO2, K3)

Or

- (b) Analyze the structure of cell and tissue. (CO2, K3)

17. (a) Diagrammatically explain the structure of lungs. (CO4, K5)

Or

- (b) Diagrammatically explain the structure of heart. (CO4, K5)

18. (a) Explain the structure and functions of kidney. (CO3, K4)

Or

- (b) Explain the structure and functions of Adrenal gland. (CO3, K4)
19. (a) Draw a neat diagram of structure of skeletal muscle. (CO4, K5)

Or

- (b) Differentiate Oxygen debt and second wind. (CO4, K5)
20. (a) Elaborate the components of physical fitness. (CO1, K2)

Or

- (b) Discuss about the effects of exercise on cardiovascular system. (CO1, K2)
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R2248

Sub. Code

813501

M.Sc. DEGREE EXAMINATION, NOVEMBER – 2024

First Semester

Yoga

Elective – FUNDAMENTALS OF YOGA EDUCATION

(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. Yoga Means (CO1, K2)
 - (a) Union of body mind and Soul
 - (b) Discipline
 - (c) Posture
 - (d) Breath control
2. How many paths of yoga? (CO1, K3)
 - (a) 3 (b) 7
 - (c) 4 (d) 5
3. Yoga through Indus valley civilization. (CO2, K3)
 - (a) 4200-1300 BCE (b) 4300-1500 BCE
 - (c) 4100-1100 BCE (d) 4300-1300 BCE
4. SHAT expand (CO2, K2)
 - (a) Shira Hridaya Adhithana Trikuti
 - (b) Shira Hatha Adhithana Trikuti
 - (c) Shakti Hatha AshtangaTantra
 - (d) Swasthya Hygiene Ayurveda Treatment

5. Jnana indriyas (CO3, K2)
- (a) earth, water, fire, air, ether
 - (b) sight, sound, touch, taste, smell
 - (c) prana, apana, samana, udana, vyana
 - (d) annamaya, pranamaya, manomaya, vijnanamaya
6. Three gunas (CO3, K4)
- (a) Sattva, Rajas, Tamas
 - (b) Vata, Pitta, Kapha
 - (c) Yin, Yang, Qi
 - (d) Id, Ego, Superego
7. Suptha bhumikas (CO4, K3)
- (a) 7 states of consciousness
 - (b) 7 chakras in the body
 - (c) 7 layers of the aura
 - (d) 7 stages of sleep and relaxation
8. Malas is (CO4, K2)
- (a) 3 main nadis (energy channels) in the body
 - (b) 3 types of karma (actions) in Hinduism
 - (c) 3 impurities or “dirt” that binds the soul
 - (d) 3 stages of spiritual growth
9. Hatha pradipika (CO5, K3)
- (a) Ancient Hindu scripture on yoga and tantra
 - (b) Buddhist text on mindfulness and meditation
 - (c) Jain scripture on non-violence and compassion
 - (d) modern yoga manual on physical postures

10. What is a “Common Diet” in Ayurveda? (CO5, K3)
- (a) A diet includes meat and animal products
 - (b) diet excludes meat and animal products
 - (c) A diet is suitable for all three doshas (Vata, Pitta, Kapha)
 - (d) A diet that is specific to an individual’s Constitution

Part B (5 × 5 = 25)

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

11. (a) Explain the kundalini yoga. (CO1, K1)

Or

- (b) List out the need and importance of yoga. (CO1, K1)

12. (a) Discuss about the yoga history based on sage patanjali. (CO2, K2)

Or

- (b) Explain the post vedic period. (CO2, K3)

13. (a) Write about the karma Indriyas. (CO3, K3)

Or

- (b) Explain the suptha dhathus. (CO3, K3)

14. (a) Describe the types of students. (CO4, K2)

Or

- (b) List out the types of teachers. (CO4, K4)

15. (a) Write about the common diet in yogic system. (CO5, K1)

Or

- (b) Discuss about the homeostasis and yoga. (CO5, K2)

Part C

(5 × 8 = 40)

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

16. (a) Explain about the ashtanga yoga. (CO1, K2)

Or

- (b) Discuss about the different path of Yoga. (CO1, K4)

17. (a) Illustrate the history of yoga through Buddhism.
(CO2, K3)

Or

- (b) Explain the SHAT Dharsanas. (CO2, K3)

18. (a) Discuss about the three gunas. (CO3, K2)

Or

- (b) Write about the human body. (CO3, K1)

19. (a) Explain the Five stages of consciousness. (CO4, K5)

Or

- (b) Discuss about the stage of knowledge. (CO4, K4)

20. (a) Write about the research studies on yoga in various institution.
(CO5, K5)

Or

- (b) Explain the role of various hatha yogic practices in modern life style.
(CO5, K4)

R2249

Sub. Code

813301

M.Sc. DEGREE EXAMINATION, NOVEMBER – 2024

Third Semester

Yoga

YOGA AND POSITIVE HEALTH

(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. WHO stands for (CO1, K2)
 - (a) Women Health Organization
 - (b) World Hockey Organization
 - (c) World Health Organization
 - (d) World Heritage Organization
2. Responsibility of health (CO1, K3)
 - (a) Self Care Activities
 - (b) Group Activities
 - (c) Avoid balanced diet
 - (d) Stay hydrated
3. Part of Healthy personality (CO2, K1)
 - (a) More Confident
 - (b) Self-acceptance
 - (c) Weaknesses
 - (d) Failings

4. Superior mental health refers to (CO2, K3)
(a) Physically
(b) Physiologically
(c) Biologically
(d) Psychologically
5. Somatic Disorder symptom of (CO3, K2)
(a) Anxiety (b) Fatigue
(c) Stress (d) Fever
6. How many limbs in Hatha yoga? (CO3, K2)
(a) 6 (b) 7
(c) 8 (d) 9
7. Asanas should' be practiced on an (CO4, K3)
(a) Empty Stomach
(b) Immediately After Meals
(c) Tight Clothes
(d) Drinking More Water
8. Nadi is related to (CO4, K2)
(a) Eye (b) Nose
(c) Mouth (d) Ear
9. Yogic diet to consume (CO5, K3)
(a) Meat (b) Eggs
(c) Fruit (d) Onion
10. How does yoga make you look younger? (CO5, K2)
(a) Regular Exercise
(b) Avoid Exercise
(c) Junk Food
(d) Dehydrate

Part B

(5 × 5 = 25)

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

11. (a) Explain the Concept of positive health. (CO1, K2)

Or

- (b) Illustrate the dimensions of health. (CO1, K3)

12. (a) Discuss about the health personality about gita.
(CO2, K3)

Or

- (b) Explain the health personality according to coan.
(CO2, K2)

13. (a) Write about the psychomatic medicine. (CO3, K3)

Or

- (b) Explain the phases of break down according to
palvov. (CO3, K4)

14. (a) Describe the positive hygiene of yoga. (CO4, K2)

Or

- (b) Explain the stress response. (CO4, K4)

15. (a) Write about the yogic physical culture. (CO5, K5)

Or

- (b) Discuss about the youthfulness. (CO5, K2)

Part C

(5 × 8 = 40)

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

16. (a) Explain about the criteria of health. (CO1, K2)

Or

- (b) Discuss about the important yard sticks of health. (CO1, K3)

17. (a) Illustrate the characteristics of health personality according to modern psychologists. (CO2, K3)

Or

- (b) Explain the superior mental health aids. (CO2, K1)

18. (a) Discuss about the basic unity of psychological action. (CO3, K2)

Or

- (b) Write about the emotion and somatic disorder. (CO3, K3)

19. (a) Explain the purification of nadis. (CO4, K3)

Or

- (b) Discuss about the cultivation of relaxation responses. (CO4, K3)

20. (a) Write about the role of different limbs of yoga in the development. (CO5, K1)

Or

- (b) Explain the prevention of aging according to hatha yoga. (CO5, K4)

R2250

Sub. Code

813302

M.Sc. DEGREE EXAMINATION, NOVEMBER – 2024

Third Semester

Yoga

PRINCIPLES OF HATHA YOGA

(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. _____ means Union. (CO1, K2)
(a) Meditation (b) All of these
(c) Pranayama (d) Yoga
2. Yoga is _____ of the world. (CO1, K2)
(a) Eastern Part (b) Western Part
(c) Northern Part (d) Southern Part
3. How many nadis are there? (CO2, K4)
(a) 6 (b) 2
(c) 3 (d) 4
4. Which nadi is called Suriya nadi? (CO2, K4)
(a) Right nostril breathe
(b) Left nostril breathe
(c) All of these
(d) None of these

5. Where does Hatha yoga origin ————. (CO3, K4)
(a) Sindhu (b) Mohenjodaro
(c) Harappa (d) Gorakhnath
6. Which Century find in hatha yoga ————. (CO3, K4)
(a) 9th - Century (b) 11th - Century
(c) 6th - Century (d) 8th - Century
7. Pathya means ————. (CO3, K4)
(a) Clean (b) Things
(c) Food (d) Cloth
8. Which mudra used in most of the meditation ————. (CO4, K2)
(a) Dhyan mudra
(b) Yoga mudra
(c) Chin mudra
(d) Nasik mudra
9. Asanas must be practised on a daily basis in order enhances one's ————. (CO4, K2)
(a) Body Posture
(b) Skin Complexion
(c) Instability
(d) Patience
10. During Pratyahara, your ———— sense organs still detect external stimulation, But you don't allow them to disrupt your state of mind. (CO6, K2)
(a) Four (b) Five
(c) Seven (d) Three

Part B

(5 × 5 = 25)

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

11. (a) Meaning, aims and objectives of Hatha yoga.
(CO1, K2)

Or

- (b) Explain the objectives of Satkarmas. (CO2, K4)

12. (a) Concepts of kriyas. (CO2, K4)

Or

- (b) Brief the importance of Hatha yogic texts. (CO3, K4)

13. (a) Relationship between Hatha yoga and Raja yoga.
(CO4, K2)

Or

- (b) Importance of Bandhas and role of Bandhatrayas in yoga sadhana. (CO4, K2)

14. (a) Concept of Satkriyas in Hatha Yoga pradiipika.
(CO5, K5)

Or

- (b) Types of Prana. (CO5, K5)

15. (a) Concept of pratyahara in Gheranda samhita.
(CO6, K2)

Or

- (b) Benefits of Dharnas. (CO6, K2)

Part C

(5 × 8 = 40)

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

16. (a) Types of Hatha yoga. (CO1, K2)

Or

- (b) Methods in kundalini. (CO1, K2)

17. (a) Types of Nadis and Explain it in detail. (CO2, K4)

Or

- (b) Classification of Shatkarmas. (CO2, K4)

18. (a) Brief introduction to great Hatha yogic of Natha.
(CO3, K4)

Or

- (b) Techniques and Benefits of fundamental mudras in
Hatha yoga pradipika And Gheranda samhita.
(CO3, K4)

19. (a) Concept of Puraka, Kumbhaka and Rechaka.
(CO5, K5)

Or

- (b) Importance of pranayama practices in detail.
(CO5, K5)

20. (a) Types of Dhyanas and their benefits. (CO6, K2)

Or

- (b) Concept of Nada and Nadanusandhana in Hatha
yoga pradipika. (CO6, K2)

R2251

Sub. Code

813506

M.Sc. DEGREE EXAMINATION, NOVEMBER – 2024

Third Semester

Yoga

BRAIN CONSCIOUSNESS AND YOGA

(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. Brain divided into _____ hemisphere. (CO1, K1)
(a) 5 (b) 3
(c) 2 (d) 4
2. Yoga means (CO1, K1)
(a) Unite (b) Join
(c) Together (d) All the above
3. Asmita means (CO2, K1)
(a) Confident (b) Ego
(c) Perception (d) Behaviour
4. Spiritual perception of personal experience related to (CO2, K2)
(a) Phenomena (b) Avidhya
(c) Agnita (d) Asmita

5. Spiritual form of yoga is (CO3, K2)
 - (a) Bhakthi yoga
 - (b) Jana yoga
 - (c) Karma yoga
 - (d) Kundalini yoga
6. Cognitive functions of yoga improves (CO3, K2)
 - (a) Yoga Nidra
 - (b) Meditation
 - (c) Yoga Nilai
 - (d) Yoga mantram
7. The five afflictions of Patanjali's yoga sutra of mind is called as (CO4, K2)
 - (a) Kleshas
 - (b) Astanga yoga
 - (c) Panchatantra
 - (d) Pancharamas
8. Consciousness disappears in (CO4, K2)
 - (a) light sleep
 - (b) deep sleep
 - (c) slow sleep
 - (d) none
9. Emotional intelligence are (CO5, K2)
 - (a) self-awareness
 - (b) empathy
 - (c) social skills
 - (d) all the above
10. One calorie is equal to (CO5, K2)
 - (a) 4.762 Joule
 - (b) 4.651 Joule
 - (c) 4.325 Joule
 - (d) 4.182 Joule

Part B (5 × 5 = 25)

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

11. (a) Explain the human brain. (CO1, K3)
- Or
- (b) State that triune brain theory (CO1, K3)

12. (a) Explain in detail about pure consciousness.
(CO2, K3)

Or

- (b) How the mind as the object of consciousness?
Explain. (CO2, K3)

13. (a) Explain the word psychology and its values.
(CO3, K3)

Or

- (b) Explain Avidya- “collective unconscious” (CO3, K3)

14. (a) Explain about yogic cognitive. (CO4, K4)

Or

- (b) Explain the psychology of yogic meditation.
(CO4, K3)

15. (a) Explain about pure consciousness. (CO5, K3)

Or

- (b) How to achieve the mission of your higher self.
(CO6, K3)

Part C (5 × 8 = 40)

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

16. (a) Describe the Brown/Machean theory. (CO1, K5)

Or

- (b) Describe gate control theory of Melzack. (CO1, K4)

17. (a) Illustrate about the Indian and modern state of consciousness. (CO2, K4)

Or

- (b) Explain cosmic consciousness according to R.M. Bucke. (CO2, K4)

18. (a) Explain in detail about Asmita as the individual unconscious. (CO3, K4)

Or

- (b) Explain-Training according to yogic depth.(CO3, K3)

19. (a) Enumerate about spiritual and non spiritual perceptions. (CO4, K3)

Or

- (b) Explain : (CO4, K4)

(i) Deautomatisation

(ii) Dishabituation

20. (a) Illustrate emotional intelligence and its types. (CO6, K5)

Or

- (b) Describe various foods and its need and importance. (CO6, K5)