

**R2220**

**Sub. Code**

**7241C1**

**B.Sc. DEGREE EXAMINATION, NOVEMBER – 2024**

**First Semester**

**Yoga**

**FOUNDATION 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. Which period is associated with the development of the yoga sutras of Patanjali? (CO1, K1)  
(a) 1500 BCE (b) 200 BCE to 400 BCE  
(c) 5<sup>th</sup> century CE (d) 11<sup>th</sup> century BCE
2. Which of the following is NOT a traditional limb of Patanjali's eight limbs of yoga? (CO1, K1)  
(a) Yama (b) Niyama  
(c) Asana (d) Taiji
3. Which practice focuses specifically on physical postures in yoga? (CO2, K2)  
(a) Karma yoga (b) Bhakti yoga  
(c) Hatha yoga (d) Jnana yoga

4. Which of the following texts is a functional work in Indian philosophy that outlines the principles of yoga? (CO2, K2)
- (a) Bhagavad Gita      (b) Vedas  
(c) Upanishads      (d) Yoga Sutras of Patanjali
5. What does the term “Asana” refer to in yoga practice (CO3, K1)
- (a) Ethical guidelines  
(b) Breath control  
(c) Physical postures  
(d) Meditation techniques
6. Which principle of yoga involves the practice of self-discipline and personal observances? (CO3, K1)
- (a) Yamas      (b) Niyamas  
(c) Pranayama      (d) Samadhi
7. Which of the following texts is Not a part of the prasthanatraji? (CO4, K1)
- (a) Bhagavad Gita      (b) Upanishads  
(c) Ramayana      (d) Brahmasutras
8. Which of the following texts is part of the purusharta Chatushtaya framework. (CO4, K1)
- (a) Upanishads      (b) Mahabharati  
(c) Tantra      (d) Adhyatma Ramayana
9. Which of the following types of yoga focuses primarily on physical postures and breathing techniques. (CO5, K1)
- (a) Bhakti yoga      (b) Jnana yoga  
(c) Hatha yoga      (d) Raja yoga

10. Which philosopher is known for the Advaita Vedanta School which teaches the non-duality of Atman and Brahman (CO5, K1)
- (a) Ramanuja (b) Shankara  
(c) Madhva (d) Vallabha

**Part B** (5 × 5 = 25)

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

11. (a) Write about the history of yoga in vedic period. (CO1, K1)

Or

- (b) Explain the origin of yoga. (CO1, K1)

12. (a) Write about the definition, aim and objectives of yoga. (CO2, K2)

Or

- (b) Write down the principles of yoga. (CO2, K2)

13. (a) Write down the definition, meaning and scope of philosophy. (CO3, K1)

Or

- (b) What is shad darshain philosophy? (CO3, K1)

14. (a) How does the Thirumanthiram contribute to the understanding of Tamil Shaivism and its mystical aspects? (CO4, K1)

Or

- (b) Discuss the role of upanishads. (CO4, K1)

15. (a) Explain the six paths of yoga. (CO5, K1)

Or

- (b) Write short notes on Bhakti yoga. (CO5, K1)

**Part C**

(5 × 8 = 40)

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

16. (a) Discuss the development of yoga in Vedic Period.  
(CO1, K1)

Or

- (b) Discuss the development of yoga in Vedic Period.  
(CO1, K1)

17. (a) Discuss about stream of yoga. (CO2, K2)

Or

- (b) Write about the common conception of yoga.  
(CO2, K2)

18. (a) Explain the meaning, definition and scope of Indian Philosophy.  
(CO3, K1)

Or

- (b) Explain Shad-darshanas. (CO3, K1)

19. (a) Briefly discuss about Vedas, Upanishads and Bhavadgita.  
(CO4, K1)

Or

- (b) Write short notes on :

(i) Tantras

(ii) Agamas (CO4, K1)

20. (a) Briefly discuss about the school of yoga. (CO5, K1)

Or

- (b) Write short notes on : (CO5, K1)

(i) Raja yoga

(ii) Hatha yoga

(iii) Janana yoga

<b>R2221</b>
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<b>Sub. Code</b>
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<b>7241A1</b>
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**B.Sc. DEGREE EXAMINATION, NOVEMBER – 2024**

**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 type questions by choosing the correct option.

1. Which of the following structures is known as the cells 'powerhouse'? (CO1, K1)  
(a) Golgibody                      (b) Mitochondria  
(c) Lysosome                      (d) Nucleus
2. What is the primary role of lysosomes in a cell? (CO1, K1)  
(a) Protein synthesis  
(b) Digestion of macromolecules  
(c) Energy production  
(d) Genetic information storage
3. Which yoga pose is known for improving balance and strengthening the lower body? (CO2, K2)  
(a) Tadasana                      (b) Vrksasana  
(c) Dhanurasana                      (d) Balasana

4. Which vitamin is essential for calcium absorption and bone health? (CO2, K2)
- (a) Vitamin A                      (b) Vitamin B  
(c) Vitamin C                      (d) Vitamin D
5. Water soluble vitamin (CO3, K5)
- (a) Vitamin A                      (b) Vitamin B  
(c) Vitamin C                      (d) Vitamin D
6. The main functions of bile in digestion (CO3, K5)
- (a) Break down proteins  
(b) Emulsify fats  
(c) Digest carbohydrates  
(d) Absorb vitamins
7. Which yoga practice to improve respiratory function (CO4, K5)
- (a) Asanas                      (b) Pranayama  
(c) Dhyana                      (d) Savasana
8. Practices keep in cleansing the nasal passages and improving breathing. (CO4, K5)
- (a) Kapalbhati                      (b) Bhastrika  
(c) Neti                      (d) Trataka
9. Normal range of systolic blood pressure in adults (CO5, K5)
- (a) 60-80 mmHg                      (b) 80-120 mm Hg  
(c) 120-140 mmHg                      (d) 140-160 mmHg
10. The main components of plasma (CO5, K5)
- (a) water                      (b) protein  
(c) glucose                      (d) platelets

**Part B**

(5 × 5 = 25)

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

11. (a) Explain the type of muscle in the body. (CO1, K1)

Or

- (b) Explain the effect of yoga on muscular system.  
(CO1, K1)

12. (a) Write the classification of bones. (CO2, K2)

Or

- (b) Explain the structure of synovial points. (CO2, K2)

13. (a) Explain the effect of yoga on digestive system.  
(CO3, K5)

Or

- (b) Write short notes on balanced diet. (CO3, K5)

14. (a) Explain the mechanism of breathing. (CO4, K5)

Or

- (b) What are the common disorders of the respiratory system?  
(CO4, K5)

15. (a) Explain the effect of yoga on cardiovascular system.  
(CO5, K5)

Or

- (b) Explain the composition and function of blood.  
(CO5, K5)

**Part C**

(5 × 8 = 40)

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

16. (a) Draw a neat diagram of a cell structure and its function. (CO1, K1)

Or

- (b) How does yoga affect the muscular system? (CO1, K1)

17. (a) Explain the types of joints. (CO2, K2)

Or

- (b) Explain the effect of yoga on skeletal system. (CO2, K2)

18. (a) Write down the functions of the digestive system. (CO3, K5)

Or

- (b) Write short notes on : (CO3, K5)

(i) Minerals

(ii) Vitamins and carbohydrates

19. (a) Write down the importance and principles of respiratory system. (CO4, K5)

Or

- (b) Discuss the function of the respiratory system and diseases. (CO4, K5)

20. (a) Write down the composition of the blood in the cardiovascular system. (CO5, K5)

Or

- (b) Write short notes on : (CO5, K5)

(i) Blood clotting

(ii) WBC and

(iii) Blood pressure



**R2222**

**Sub. Code**

**7243C1**

**B.Sc. DEGREE EXAMINATION, NOVEMBER – 2024**

**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 type questions by choosing the correct option.

1. Which system of medicine focuses on the body's natural healing processes and the use of life style changes.  
(CO1, K3)  
(a) Ayurveda                      (b) Naturopathy  
(c) Siddha                        (d) Allopathy
2. Which system of medicine involves the use of medicinal herbs dietary practices and detoxification restore balance and health  
(CO1, K3)  
(a) Siddha                        (b) Naturopathy  
(c) Ayurveda                      (d) Homeopathy
3. "Samshaya" refers to  
(CO2, K1)  
(a) Mental confusion  
(b) Physical pain  
(c) Emotional detachment  
(d) Delusional thinking

4. Mental and emotional health “Bhranti darsana” refer to (CO2, K1)
- (a) Feelings of inadequacy
  - (b) Delusional
  - (c) Lack of emotional expression
  - (d) Generalized anxiety
5. Cleansing in yoga practices. (CO3, K2)
- (a) Only for spiritual growth
  - (b) Improving physical appearance
  - (c) No real importance in health
  - (d) It helps in detoxifying the body and mind
6. ‘Chitta’ play a role in (CO3, K2)
- (a) physical body
  - (b) denotes the mental state
  - (c) the study of external rituals
  - (d) focuses on social interactions
7. Aahara refer to (CO4, K2)
- (a) Physical exercise
  - (b) Diet and nutrition
  - (c) Mental meditation
  - (d) Ethical conduct

8. Which yogic principle involves life style practice and habits (CO4, K2)
- (a) Vihara (b) Aahara  
(c) Vichara (d) Aachara
9. Primary focus of “Pranayama” in yoga (CO5, K1)
- (a) meditation (b) concentration  
(c) breath control (d) physical postures
10. Dhyana describes (CO5, K1)
- (a) physical postures  
(b) sensory withdrawal  
(c) ethical conduct  
(d) meditation and continuous flow of concentration

**Part B** (5 × 5 = 25)

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

11. (a) How do the preventive health care practices in Ayurveda and Naturopathy contribute to overall wellness – Discuss. (CO1, K3)

Or

- (b) How does yoga therapy apply in principles to treat chronic health conditions – Discuss. (CO1, K3)

12. (a) Explain the role of Avirati in mental health.  
(CO2, K1)

Or

- (b) Write short notes on mental type of disease.  
(CO2, K1)

13. (a) Describe Swara yoga and its efficacy in health and healing.  
(CO3, K2)

Or

- (b) Explain the concept of cleaning in yoga. (CO3, K2)

14. (a) What is the focus of yogic principles of life style management?  
(CO4, K2)

Or

- (b) How to yogic principles of diet contribute to health living?  
(CO4, K2)

15. (a) What role do “Shat Karma” play in yoga? Briefly explain.  
(CO5, K1)

Or

- (b) Write short notes on Mudra. (CO5, K1)

**Part C**

(5 × 8 = 40)

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

16. (a) Explain the meaning of yoga therapy, and how does it differ from general yoga practice. (CO1, K3)

Or

- (b) How does the Siddha system of medicine align with or differ from yoga therapy in terms of health and healing. (CO1, K3)
17. (a) What are the inter relationships between these mental and emotional states and their effects on overall health? (CO2, K1)

Or

- (b) Explain the role of Angamejayava and Svasa – Prashvasa play in the development and management of disease. (CO2, K1)
18. (a) Describe the Kriya Yoga Asthanga yoga of Patanjali for health and healing. (CO3, K2)

Or

- (b) Explain the concept of Swara Yoga and its efficiency in health and healing. (CO3, K2)
19. (a) Explain the yogic principles of diet and its role in healthy living. (CO4, K2)

Or

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

20. (a) Discuss about the role of Yama, Asana and Dhyana and their healthy living. (CO5, K1)

Or

- (b) Describe about the role of yoga therapy for various disease. (CO5, K1)
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**R2223**

**Sub. Code**

**7243C2**

**B.Sc. DEGREE EXAMINATION, NOVEMBER – 2024**

**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 objective questions by choosing the correct option.

1. \_\_\_\_\_ is a student being taught by the teacher.  
(CO1, K2)  
(a) Vidhyarthi (b) Spoorthi  
(c) Prabhavathi (d) Varunathi
2. Mumukshu is a Sanskrit term for one who is focused on attaining \_\_\_\_\_.  
(CO1, K2)  
(a) Praise (b) Liberation  
(c) Leadership (d) Guru
3. Way of doing things, is \_\_\_\_\_  
(CO2, K1)  
(a) Practice (b) Experience  
(c) Methods (d) Mastery
4. Who takes a more holistic approach, including both the physical and the mental/spiritual aspects of yoga.  
(CO2, K1)  
(a) Fitness trainer (b) Gym instructor  
(c) Yoga guru (d) Yoga

5. Total parts in yoga lesson plan, (CO3, K1)  
(a) 6 (b) 5  
(c) 4 (d) 10
6. Variation between beginners and advanced is achieved by, (CO3, K1)  
(a) Intensity  
(b) Duration of holding position  
(c) Density  
(d) Rate of doing work
7. Basics of yoga teaching is, (CO4, K2)  
(a) Posing  
(b) Core strength  
(c) Relaxing and breathing  
(d) Dhauti and Nauli
8. Jnana yoga is teaching, (CO4, K2)  
(a) Path of creation  
(b) Path of devotion  
(c) Path of training  
(d) Path of knowledge
9. Use of mass media and audio, visual aids in yoga teaching is, (CO5, K1)  
(a) Educational technology  
(b) Yoga technology  
(c) Communication technology  
(d) Information technology



10. Educational technology is the application of \_\_\_\_\_ process to man's learning conditions. (CO5, K1)
- (a) Psychological      (b) Scientific  
(c) Spiritual          (d) Systematic

**Part B** (5 × 5 = 25)

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

11. (a) Explain the principles of teaching. (CO1, K2)  
Or  
(b) Explain various levels of yogic learning. (CO1, K2)
12. (a) Explain the scope of various teaching methods. (CO2, K1)  
Or  
(b) Write short notes on sources of teaching methods. (CO2, K1)
13. (a) Explain the techniques of mass teaching. (CO3, K1)  
Or  
(b) Explain the procedure of yoga teaching for special attention group. (CO3, K1)
14. (a) Principles of lesson plan. Explain. (CO4, K2)  
Or  
(b) Write the practical application of lesson plan. (CO4, K2)
15. (a) Explain types of educational technology. (CO5, K1)  
Or  
(b) Write short notes on teaching aids and properties. (CO5, K1)

**Part C**

(5 × 8 = 40)

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

16. (a) Differentiate vidyarthi, shishya and mumuksha.  
(CO1, K2)

Or

- (b) Explain the quality of yoga guru. (CO1, K2)

17. (a) Explain various teaching methods. (CO2, K1)

Or

- (b) Explain the role of yoga teachers at school.  
(CO2, K1)

18. (a) Differentiate the advantages of individual and group teaching. (CO3, K1)

Or

- (b) Explain discipline and time management in yoga teaching. (CO3, K1)

19. (a) Prepare a model yoga lesson plan for middle school children. (CO4, K2)

Or

- (b) Explain the merits and demerits of lesson plan. (CO4, K2)

20. (a) Describe the role of library as a resource for yoga. (CO5, K1)

Or

- (b) Explain the role of educational technology in teaching yoga. (CO5, K1)

<b>R2224</b>
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<b>Sub. Code</b>
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<b>7243A3</b>
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**B.Sc. DEGREE EXAMINATION, NOVEMBER – 2024**

**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 type questions by choosing the correct option.

1. Naturopathy is also known as (CO1, K1)
  - (a) Naturopathic medicine
  - (b) English medicine
  - (c) Alopathy
  - (d) Western medicine
2. Select naturopathic practitioner (CO1, K1)
  - (a) Pediatrician      (b) Homeopathy
  - (c) Radiologist      (d) Surgeon
3. According to naturopathy, human body is made up of elements (CO2, K2)
  - (a) 7                      (b) 9
  - (c) 5                      (d) 3

4. Throat problems are because of imbalance of \_\_\_\_\_ element (CO2, K2)
  - (a) Air
  - (b) Earth
  - (c) Water
  - (d) Space
5. \_\_\_\_\_ is the use of water to revitalize, maintain, and restore health. (CO3, K1)
  - (a) Hydrotherapy
  - (b) Cryotherapy
  - (c) Wax therapy
  - (d) Diathermy
6. Lawful fasting is known as (CO3, K1)
  - (a) Vedha
  - (b) Vaidha
  - (c) Upanyasa
  - (d) Yashaka
7. Using only one kind of food at a meal and not the same one regularly is known as, (CO4, K2)
  - (a) Raw diet
  - (b) Yogic diet
  - (c) Mono diet
  - (d) Detoxifying diet
8. Friction and tapotement manipulative technique is known as (CO4, K2)
  - (a) Effleurage
  - (b) Kneading
  - (c) Stroking
  - (d) Percussion
9. \_\_\_\_\_ is the application of pressure on specific points on the body to control symptoms such as pain or digestive issues. (CO5, K5)
  - (a) Acupressure
  - (b) Auratherapy
  - (c) Hot therapy
  - (d) Chromo bath
10. Effect of Green colour in colour therapy is (CO5, K5)
  - (a) Elicits happiness
  - (b) Relaxes and eases stress
  - (c) Treats depression
  - (d) Enhances mood

**Part B**

(5 × 5 = 25)

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

11. (a) Write short notes on catechism of nature cure.  
(CO1, K1)

Or

- (b) Define naturopathy and write the meaning.  
(CO1, K1)

12. (a) Explain shareera dharma. (CO2, K2)

Or

- (b) Write short notes on natural rejuvenation and vitality. (CO2, K2)

13. (a) Write down the history of hydrotherapy. (CO3, K1)

Or

- (b) Explain the role of upavasa in disease prevention.  
(CO3, K1)

14. (a) Prepare a naturopathy diet plan for diabetic patient. (CO4, K2)

Or

- (b) Explain contraindications of massage. (CO4, K2)

15. (a) Write short notes on acupressure. (CO5, K5)

Or

- (b) Write short notes on under water exercise. (CO5, K5)

**Part C**

(5 × 8 = 40)

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

16. (a) Explain the history of naturopathy. (CO1, K1)

Or

- (b) Describe the principles of naturopathy. (CO1, K1)

17. (a) Explain the laws of nature. (CO2, K2)

Or

- (b) Describe the method of acquiring natural immunity.  
(CO2, K2)

18. (a) Explain the principles of hydrotherapy. (CO3, K1)

Or

- (b) Describe the principles of upavasa. (CO3, K1)

19. (a) Explain the different manipulative techniques of  
massage. (CO4, K2)

Or

- (b) Describe naturopathy diet in health promotion.  
(CO4, K2)

20. (a) Explain the principles of acupuncture. (CO5, K5)

Or

- (b) Describe the concept and principles of exercise  
therapy. (CO5, K5)

**R2225**

**Sub. Code**

**7245C1**

**B.Sc. DEGREE EXAMINATION, NOVEMBER – 2024**

**Fifth Semester**

**Yoga**

**YOGIC DIET AND NUTRITION**

**(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 word yoga is derived from, (CO1, K1)  
(a) Yuj (b) Yog  
(c) Yoke (d) Yoj
2. Meaning of yoga (CO1, K1)  
(a) To unite (b) To build  
(c) To burn (d) To give
3. Madhura vipaka means, (CO2, K4)  
(a) Sweet (b) Salty  
(c) Sour (d) Bitter
4. Mudga possesses Laghu, ie., light for \_\_\_\_\_ (CO2, K4)  
(a) Digestion (b) Circulation  
(c) Cooling (d) Wound healing

5. Vitamin A important, because it helps, (CO3, K1)  
 (a) Vision (b) Hearing  
 (c) Touching (d) Speaking
6. \_\_\_\_\_ is essential to make thyroid hormones. (CO3, K1)  
 (a) Calcium (b) Magnesium  
 (c) Zinc (d) Iodine
7. Egg, dairy products are sources of, (CO4, K3)  
 (a) Carbohydrate (b) Fat  
 (c) Mineral (d) Protein
8. Folic acid, Folate is known as, Vitamin \_\_\_\_\_ (CO4, K3)  
 (a) B3 (b) B1  
 (c) B12 (d) B9
9. \_\_\_\_\_ dulls the mind and creates dizziness and disorientation. (CO5, K2)  
 (a) Rajasic food (b) Satvic food  
 (c) Mugda food (d) Tamasic food
10. \_\_\_\_\_ increases energy and alertness. (CO5, K2)  
 (a) Sattvik food (b) Yogic food  
 (c) Sadhana food (d) Rajasic food

**Part B** (5 × 5 = 25)

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

11. (a) Explain the yogic diet and its role in healthy living. (CO1, K1)

Or

- (b) List down the satvik food items. (CO1, K1)



12. (a) Explain the biological actions of rasa. (CO2, K4)

Or

- (b) Write short notes on panchabhuta. (CO2, K4)

13. (a) Differentiate mono-sachharide and di-saccharide. (CO3, K1)

Or

- (b) Write down the sources of fat. (CO3, K1)

14. (a) Write down the meaning of nutrients. (CO4, K3)

Or

- (b) Write down the concept of balanced diet. (CO4, K3)

15. (a) Prepare a schedule of yogic diet for adult yoga practitioner. (CO5, K2)

Or

- (b) Explain the concept of, how to eat? When to eat? What to eat? For yoga practitioner. (CO5, K2)

**Part C** (5 × 8 = 40)

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

16. (a) Describe the yogic diet according to traditional yoga texts. (CO1, K1)

Or

- (b) Classify the yogic diet. (CO1, K1)

17. (a) Classify Triguna. (CO2, K4)

Or

- (b) Explain the concept of Virya. (CO2, K4)

18. (a) Describe the significance of lipids. (CO3, K1)

Or

(b) Role of minerals in metabolism Explain. (CO3, K1)

19. (a) Write down the sources of any four vitamins.  
(CO4, K3)

Or

(b) Give the nutritive values of any four carbohydrate rich food.  
(CO4, K3)

20. (a) Prepare a dietary plan for sports women. (CO5, K2)

Or

(b) Evaluate the importance of yogic diet plan for yoga practitioner.  
(CO5, K2)

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**R2226**

**Sub. Code**

**7245C2**

**B.Sc. DEGREE EXAMINATION, NOVEMBER – 2024**

**Fifth Semester**

**Yoga**

**SCIENCE OF MEDITATION**

**(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 type of yoga is closely associated with meditation?  
(CO1, K1)  
(a) Hatha Yoga                      (b) Raja Yoga  
(c) Karma Yoga                      (d) Bhakti Yoga
2. Which practice involves controlling the breath during meditation.  
(CO1, K1)  
(a) Mudra                              (b) Bandha  
(c) Asana                                (d) Pranayama
3. Which type of dhara involves focusing on the space within the heart?  
(CO2, K4)  
(a) Bahyakasha Dharana  
(b) Antarakasha Dharana  
(c) Hnidayakasha Dharana  
(d) Chidakasha dharana

4. Vyoma Panchaka Dharana involve (CO2, K4)
- (a) Focusing on 5 senses
  - (b) Concentrating on 5 elements
  - (c) Meditating on the 5 koshas
  - (d) Visualizing 5 chakras
5. Which of the following is a key focus area in chakra. (CO3, K4)
- (a) The breath
  - (b) Physical movement
  - (c) Energy centres in the body
  - (d) Mantra chanting
6. Which Chakra is located at the base of the spine and associated with grounding? (CO3, K4)
- (a) Ajna
  - (b) Anahata
  - (c) Muladhara
  - (d) Sahasrara
7. In Sikhism which term refers to the meditation on the name of God? (CO4, K4)
- (a) Dhyana
  - (b) Simran
  - (c) Zikr
  - (d) Zazen
8. In the teachings of Sri Aurobindo which meditation practice focuses on the evolution of consciousness? (CO4, K4)
- (a) Transcendental Meditation
  - (b) Integral Yoga
  - (c) Vipassana Meditation
  - (d) Sudarshan Kriya

9. Primary biochemical effect of meditation on the brain is (CO5, K3)
- (a) Increased blood pressure
  - (b) Increased dopamine production
  - (c) Decreased serotonin levels
  - (d) Decreased melatonin levels
10. Which radiological techniques is commonly used to study the effects of meditation on brain activity? (CO5, K3)
- (a) X-ray
  - (b) MRI
  - (c) CT Scan
  - (d) Ultrasound

**Part B** (5 × 5 = 25)

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

11. (a) Define meditation and explain its scope. (CO1, K1)

Or

- (b) Explain the role of Mudras and Bandhas in meditation. (CO1, K1)
12. (a) Explain the aim and importance of concentration in the practice of Dharana. (CO2, K4)

Or

- (b) Describe the practice of Kayasthairyam in the process of Dharana. (CO2, K4)

13. (a) Describe the process and purpose of chakra meditation. (CO3, K4)

Or

- (b) Compare and contrast the effects of Chakra meditation and walking meditation on mental well being. (CO3, K4)
14. (a) Explain how Preksha meditation can be used to manage excessive tension and stress. (CO4, K4)

Or

- (b) Discuss the role of Sri Aurobindo's meditation techniques. (CO4, K4)
15. (a) Explain how a yogic lifestyle promotes unity of life. (CO5, K5)

Or

- (b) Discuss the Psychological benefits of meditation on stress and anxiety. (CO5, K5)

**Part C** (5 × 8 = 40)

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

16. (a) Discuss the meaning, need, goal and guiding principles of meditation. (CO1, K1)

Or

- (b) Evaluate the relationship between yoga, meditation and health with a focus on Raja yoga. (CO1, K1)

17. (a) Explain the different types of Dharana in yoga practice and how they contribute to spiritual development. (CO2, K4)

Or

- (b) Write short notes on (CO2, K4)

(i) Ajapa Dharana

(ii) Trataka

(iii) Laya Dharana

18. (a) Discuss the Psychological and spiritual benefits of Chakra meditation. (CO3, K4)

Or

- (b) Discuss the types of meditation. (CO3, K4)

19. (a) Evaluate the differences and similarities in meditation practices across Hinduism, Buddhism and Jainism with a focus on their philosophical under pinnings. (CO4, K4)

Or

- (b) Discuss the development and impact of Transcendental meditation on Western Culture. (CO4, K4)

20. (a) Discuss the role of meditation in improving radiological impact of meditation, particularly in the management of mental health disorders. (CO5, K3)

Or

- (b) Analyze the physiological, neurological, and endocrinal benefits of meditation, providing examples from scientific studies. (CO5, K3)
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**R2227**

**Sub. Code**

**7245C3**

**B.Sc. DEGREE EXAMINATION, NOVEMBER – 2024**

**Fifth Semester**

**Yoga**

**APPLIED PSYCHOLOGY AND YOGIC COUNSELLING**

**(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. ————— previously known as manic depression.  
(CO1, K1)
  - (a) Bipolar disorder
  - (b) Polar disorder
  - (c) Polarized disorder
  - (d) Depolarized disorder
2. The ————— mind includes a level of awareness the energy and consciousness behind that reality. (CO1, K1)
  - (a) Senseless
  - (b) Superconscious
  - (c) Subconscious
  - (d) Conscious
3. Person with ————— often avoid new places and unfamiliar situations, enclosed spaces, crowds and places outside of their homes. (CO2, K3)
  - (a) Myophobia
  - (b) Pedophobia
  - (c) Agoraphobia
  - (d) Hydrophobia

4. Intense and ongoing fear of being judged negatively and/or watched by others is, (CO2, K3)  
(a) Autism (b) Cerebral palsy  
(c) Psychosis (d) Social anxiety disorder
5. Fear of children is, (CO3, K5)  
(a) Pedophobia (b) Papyrophobia  
(c) Philophobia (d) Pathophobia
6. Focusing on five things which we can see, can touch, can hear, can smell, and can taste is the best method to reduce, (CO3, K5)  
(a) Behaviour disorder  
(b) Attention deficit disorder  
(c) Conduct disorder  
(d) Personality disorder
7. Mudra helps to Increase concentration and knowledge is, (CO4, K4)  
(a) Kali mudra (b) Agni mudra  
(c) Jnana mudra (d) Chinmaya mudra
8. Bandha means, (CO4, K4)  
(a) Open (b) Cleaning  
(c) Rinsing (d) Lock
9. Sacral charkra is also known as, (CO5, K4)  
(a) Svadhisthana chakra  
(b) Ajna  
(c) Sahasrara  
(d) Anahata

10. Nadi that flows prana to the other nadis around the body is, (CO5, K4)  
(a) Varuna nadi (b) Sushmna nadi  
(c) Vishwadhara nadi (d) Sankhini nadi

**Part B** (5 × 5 = 25)

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

11. (a) Explain the role of yoga on growth and development. (CO1, K1)

Or

- (b) Write the definition and meaning of psychology. (CO1, K1)

12. (a) Write short notes on disorders of attention. (CO2, K3)

Or

- (b) Explain stress and anxiety disorder. (CO2, K3)

13. (a) Write short notes on hyperactivity and its treatment. (CO3, K5)

Or

- (b) Write short notes on phobias and its treatment. (CO3, K5)

14. (a) Differentiate psychological counselling and yogic counselling. (CO4, K4)

Or

- (b) Write short notes on karma yoga. (CO4, K4)

15. (a) Write short notes on pingala nadi. (CO5, K4)

Or

- (b) Write short notes on sushmana nadi. (CO5, K4)

**Part C**

(5 × 8 = 40)

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

16. (a) Give your account on 'Yoga for super consciousness'.  
(CO1, K1)

Or

- (b) Classify mental and behavioural disorders.  
(CO1, K1)

17. (a) Explain the symptoms and treatment of schizophrenia.  
(CO2, K3)

Or

- (b) Describe affective disorder and its symptoms.  
(CO2, K3)

18. (a) Explain the attention deficit disorders. (CO3, K5)

Or

- (b) Classify mental retardation. (CO3, K5)

19. (a) Explain the nature, approaches, challenges in counselling.  
(CO4, K4)

Or

- (b) Describe the psychological and yogic method of tackling ill effects of conflict and frustration.  
(CO4, K4)

20. (a) Prepare a yogic practice schedule for professional cinema actor.  
(CO5, K4)

Or

- (b) Describe chakras. (CO5, K4)

**R2228**

**Sub. Code**

**7245C4**

**B.Sc. DEGREE EXAMINATION, NOVEMBER – 2024**

**Fifth Semester**

**Yoga**

**YOGA AND HUMAN VALUES**

**(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. 'I' represent in the context of human existence (CO1, K1)  
(a) Physical body      (b) Consciousness  
(c) Environment      (d) Society
2. "Sanyam" means (CO1, K1)  
(a) Accumulation of wealth  
(b) Self control and discipline  
(c) Physical strength  
(d) External appearance
3. Maitri means (CO2, K2)  
(a) Compassion  
(b) Meditation  
(c) Detachment  
(d) Friendship and benevolence

4. “Upeksha” means (CO2, K2)  
(a) Active engagement  
(b) Aggression  
(c) Indifference to negative situations  
(d) Total detachment from society
5. Differentiation in relationship often leads to which of the following. (CO3, K3)  
(a) Harmony (b) Conflict  
(c) Unity (d) Mutual respect
6. Respect in relationships is primarily based on (CO3, K3)  
(a) External status (b) Fear  
(c) Tradition (d) Inner recognition of value
7. Which quality is essential for both teachers and students to maintain an ethical relationship (CO4, K1)  
(a) Strict discipline (b) Mutual respect  
(c) Competition (d) Hierarchical authority
8. Which type of yoga is primarily associated with selfless service and ethical action (CO4, K1)  
(a) Hatha yoga (b) Bhakti yoga  
(c) Karma yoga (d) Raja yoga
9. Social responsibility related to yoga practice in the workplace. (CO5, K1)  
(a) Profit maximization  
(b) Employee well being  
(c) Market dominance  
(d) Competitive pricing
10. Which principle is fundamental to environmental ethics? (CO5, K1)  
(a) Economic growth  
(b) Preservation of biodiversity  
(c) Deregulation of environmental laws  
(d) Expansion of Industrial activities

**Part B**

(5 × 5 = 25)

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

11. (a) Explain the understanding needs of the self and needs of the body. (CO1, K1)

Or

- (b) What are the characteristics of the human body? (CO1, K1)

12. (a) Explain the significance of “Maitri” and “Karuna” in human relationship. (CO2, K2)

Or

- (b) What is the relationship between family values and societal harmony? (CO2, K2)

13. (a) What is the differences between respect and differentiation of disrespect? (CO3, K3)

Or

- (b) Explain the values in human relationship. (CO3, K3)

14. (a) What are the professional practices and ethics in teaching? (CO4, K1)

Or

- (b) What are the five qualities of a good teacher and students? (CO4, K1)

15. (a) Discuss how yoga can be used to maintain the health of employees in the context of SR. (CO5, K1)

Or

- (b) What are the critical challenges environmental ethics must address in today’s world? (CO5, K1)

**Part C**

(5 × 8 = 40)

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

16. (a) Discuss the role of awareness and self-reflection in enhancing harmony between “I” and the body.

(CO1, K1)

Or

- (b) Analyse the role of yoga in developing self-awareness and its impact on overall well being and harmony within the self.

(CO1, K1)

17. (a) Discuss about values in family. (CO2, K2)

Or

- (b) Discuss about harmony in family. (CO2, K2)

18. (a) Explain the concept of Sanman (Respect) in Human relationships and its importance. (CO3, K3)

Or

- (b) Discuss the interconnection between respect and other core values. (CO3, K3)

19. (a) Discuss about the qualities of teacher and students. (CO4, K1)

Or

- (b) Discuss about the Ethics in professional practices. (CO4, K1)

20. (a) Discuss about the relationship between democracy. (CO5, K1)

Or

- (b) Explain the concepts of civil society and its types. (CO5, K1)