

R3011

Sub. Code

813201

M.Sc. DEGREE EXAMINATION, APRIL – 2025

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 questions by
choosing the correct option.

1. _____ is the name of the muscle cell in the human body. (CO1, K1)
(a) Muscle fascicle (b) Myofilament
(c) Myocardium (d) Muscle Fiber
2. How does practicing yoga benefit the circulatory system? (CO1, K2)
(a) It decreases heart rate variability
(b) It restricts oxygen flow to the body
(c) It enhances blood circulation and oxygen delivery
(d) It increases cholesterol levels in the blood
3. Which of the following is a Shatkriya practice aimed at cleansing the nasal passages? (CO3, K1)
(a) Nauli (b) Neti
(c) Basti (d) Trataka

4. What is the primary purpose of Maha Bandha in yoga practice? (CO2, K1)
- (a) To build physical strength
 - (b) To balance the flow of prana throughout the body
 - (c) To enhance flexibility in the spine
 - (d) To improve cardiovascular endurance
5. How does Khechari Mudra influence the nervous system? (CO2, K2)
- (a) It calms the mind by stimulating the vagus nerve
 - (b) It activates the digestive system by increasing saliva production
 - (c) It strengthens the vocal cords by engaging throat muscles
 - (d) It reduces oxygen consumption by slowing the breath
6. A practitioner experiencing frequent acidity and indigestion might benefit most from which type of Dhauti? (CO3, K2)
- (a) Vatsara Dhauti (b) Vastra Dhauti
 - (c) Danta Dhauti (d) Trataka Dhauti
7. Which of the following factors must be considered before practicing Basti? (CO4, K2)
- (a) The individual's current health conditions and digestive strength
 - (b) The availability of fresh drinking water
 - (c) The practitioner's level of physical fitness
 - (d) The practitioner's knowledge of pranayama techniques

8. What is the primary function of the Ida Nadi in yogic physiology? (CO4, K1)
- (a) It controls the body's physical activity and heat generation
 - (b) It governs the body's mental and emotional processes
 - (c) It facilitates digestion and nutrient absorption
 - (d) It regulates the skeletal and muscular systems
9. How does the Anahata Chakra influence emotional well-being? (CO5, K1)
- (a) It controls basic survival instincts like hunger and fear
 - (b) It governs creativity and emotional expression
 - (c) It promotes love, compassion and empathy
 - (d) It regulates communication and self-expression
10. Which of the following Physiological changes is commonly observed during meditation? (CO5, K1)
- (a) Increase in heart rate
 - (b) Decrease in blood pressure
 - (c) Increased body temperature
 - (d) Decrease in oxygen levels

Part B

(5 × 5 = 25)

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

11. (a) Classify the tissues of the human body in detail. (CO1, K2)

Or

- (b) Enlist the muscles of abdomen with its functions. (CO1, K2)

12. (a) Explain the physiological benefits of practicing viparitakarani mudra. (CO2, K2)

Or

- (b) Illustrate the different types of Bandhas and their locations in the body. (CO2, K2)
13. (a) Describe how nauli can be incorporated into a daily yogic routine for better digestion. (CO3, K2)

Or

- (b) Compare and contrast dhauti and nauli kriyas in terms of their physiological benefits. (CO3, K2)
14. (a) Interpret the influence of meditation on the autonomic nervous system. (CO4, K2)

Or

- (b) Enumerate the different types of basti in detail. (CO4, K2)
15. (a) Summarize the physiological and psychological benefits of activating any two chakras. (CO5, K2)

Or

- (b) How do specific yoga postures help to activate the Kundalini energy within the body? (CO5, K2)

Part C

(5 × 8 = 40)

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

16. (a) Examine the effects of yoga on the endocrine system. (CO1, K4)

Or

- (b) Summarize the effects of yoga on the respiratory system. (CO1, K2)

17. (a) Analyze the impact of practicing mudras on the circulatory and nervous systems. (CO2, K4)

Or

- (b) Critically assess the role of bandhas in modern therapeutic yoga for physical and mental well-being. (CO2, K2)

18. (a) Outline in detail the shatkriyas in hatha yoga, their types, and their purposes. (CO3, K2)

Or

- (b) Evaluate the role of Shatkriyas in modern wellness practices and lifestyle management. (CO3, K5)

19. (a) Identify the need for meditation as a therapeutic tool for stress management, citing physiological evidence. (CO4, K3)

Or

- (b) Organize a comprehensive meditation routine aimed at balancing the three major Nadis for overall well being. (CO4, K3)

20. (a) Compare and contrast the seven chakras in terms of their attributes associated elements, and effect on human consciousness. (CO5, K4)

Or

- (b) Dissect the role of pranayama and psycho-neuro-immunology functions. (CO5, K3)
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R3012

Sub. Code

813202

M.Sc. DEGREE EXAMINATION, APRIL – 2025

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 questions by
choosing the correct option.

1. The primary focus of “positive health” is _____.
(CO1, K1)
 - (a) Focusing solely on the absence of disease
 - (b) Achieving optimal well-being in all aspects of life
 - (c) Prioritizing physical fitness over other dimensions of health
 - (d) Relying solely on medical interventions for health maintenance
2. The term “yard sticks of health” likely refer to _____.
(CO1, K1)
 - (a) The tools used to measure height and weight
 - (b) The criteria or standards used to assess health status
 - (c) The financial cost of maintaining good health
 - (d) The geographical location and its impact on health

3. The primary goal of “superior mental health” is _____. (CO2, K1)
- (a) To achieve academic excellence
 - (b) To become a professional athlete
 - (c) To develop a strong and balanced mind
 - (d) To dominate others in competition
4. Sports can contribute to the development of a healthy personality _____. (CO2, K1)
- (a) By fostering a competitive and aggressive mindset
 - (b) By teaching teamwork, discipline, and perseverance
 - (c) By encouraging individuals to prioritize winning above all else
 - (d) By isolating individuals from social interaction
5. The meaning of “wholesome development” in the context of yoga therapy is _____. (CO3, K1)
- (a) Achieving physical fitness without Considering mental well-being
 - (b) Focusing solely on spiritual growth
 - (c) Pursuing overall well-being that encompasses physical, mental, emotional and spiritual aspects
 - (d) Achieving material success and financial stability
6. What is the significance of “pure thoughts in the context of yoga therapy? (CO3, K1)
- (a) It emphasizes the importance of positive thinking and a positive outlook
 - (b) It suggests that negative thoughts should be suppressed
 - (c) It focuses solely on spiritual purity
 - (d) It has no relevance to physical health

7. What is the primary goal of “relaxation response” in yoga? (CO4, K1)
- (a) To increase stress levels
 - (b) To Counter the effects of the “fight-or flight” response
 - (c) To Suppress emotions
 - (d) To avoid all forms of relaxation
8. How does “purification of Nadis” contribute to positive hygiene? (CO4, K1)
- (a) By Promoting physical impurities
 - (b) By disrupting the flow of energy
 - (c) By enhancing the flow of energy and improving overall well-being
 - (d) By focusing Solely on external cleanliness
9. What is the meaning of “social qualities” in the context of personal efficiency? (CO5, K1)
- (a) The ability to Work independently
 - (b) The ability to interact effectively with others
 - (c) The ability to avoid Social situations
 - (d) The ability to manipulate others
10. How can yoga help executives overcome ‘fatigue’ resulting from stress? (CO5, K1)
- (a) By increasing exhaustion
 - (b) By promoting relaxation and reducing stress hormones
 - (c) By avoiding rest and sleep
 - (d) By increasing the workload

Part B

(5 × 5 = 25)

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

11. (a) Write the concept of “positive health” differs from the traditional medical model of health. (CO1, K3)

Or

- (b) How can the concept of “personal responsibility” be applied to making healthy lifestyle choices? (CO1, K3)

12. (a) Explain how participation in team sports can contribute to the development of social skills and emotional intelligence. (CO2, K3)

Or

- (b) Analyze the role of exercise in managing stress and anxiety. (CO2, K4)

13. (a) How yoga therapy can benefit individuals with chronic conditions like arthritis or diabetes? (CO3, K3)

Or

- (b) Compare and contrast the benefits of aerobic exercise and yoga for improving overall fitness. (CO3, K4)

14. (a) Explain how the practice of “pranayama” can help Cultivate a relaxation response. (CO4, K3)

Or

- (b) Describe how the practice of “Isvara pranidhana” can promote emotional well-being and reduce stress. (CO4, K3)

15. (a) Describe how yoga practices like pranayama and meditation and help executives improve their decision-making skills. (CO5, K3)

Or

- (b) Analyze how the concept of “tolerance” can be applied to leadership and interpersonal relationships in the workplace. (CO5, K4)

Part C

(5 × 8 = 40)

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

16. (a) Elaborate the effectiveness of current public health in promoting positive health outcomes and the areas for improvement and potential strategies for enhancing population health. (CO1, K4)

Or

- (b) Write about the concept of “health literacy” and discuss its importance in achieving positive health outcomes. (CO1, K3)

17. (a) Design a fitness program for individuals who are new to exercise considering their individual needs, preferences and potential limitations. (CO2, K4)

Or

- (b) Write a short essay on the importance of promoting physical activity and healthy lifestyles in communities. (CO2, K3)

18. (a) Illustrate a simple yoga sequence for beginners that focus on improving flexibility and balance in contributing the overall fitness. (CO3, K4)

Or

- (b) Elaborate the use of yoga therapy for stress management in the workplace. (CO3, K3)
19. (a) Explain the ethical consideration involved in guiding others in spiritual practices like “Isvara pranidhana”. (CO4, K4)

Or

- (b) Write an essay on the importance of cultivating a positive mindset in today’s world In maintaining a positive outlook and emotional well-being. (CO4, K4)
20. (a) Evaluate the effectiveness of mindfulness-based stress reduction programs for executives. Discuss the available research evidence, limitations, and implications for workplace wellness programs. (CO5, K5)

Or

- (b) Describe in detail the personal efficiency and yoga in developing the social qualities. (CO5, K4)
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R3013

Sub. Code

813203

M.Sc. DEGREE EXAMINATION, APRIL – 2025

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 following objective questions by
choosing the correct option.

1. Which asana is also known as the “Half Bound Lotus Forward Bend”? (CO1, K1)
 - (a) Marichyasana
 - (b) Ardha Baddha Padma Paschimottanasa
 - (c) Bakasanad
 - (d) Urdhva Mukha Paschimottanasana
2. Which bandha is referred to as the “throat lock”? (CO1, KI)
 - (a) Mula Bandha
 - (b) Jalandhara Bandha
 - (c) Uddiyana Bandha
 - (d) Maha Bandha

3. Kapalabhati is classified as : (CO2, K1)
(a) A bandha (b) A kriya
(c) A mudra (d) An asana
4. Suryabhedana pranayama is known for ; (CO2, K1)
(a) Cooling the body
(b) Activating the energy channels
(c) Detoxifying the lungs
(d) Relaxing the nervous system
5. Which kriya is used for nasal cleansing? (CO3, K1)
(a) Trataka (b) Neti
(c) Nauli (d) Basthi
6. Trataka kriya is beneficial for : (CO3, K2)
(a) Improving eye health
(b) Stimulating digestion
(c) Enhancing respiration
(d) Cleansing the stomach
7. Which type of meditation focuses on a form or deity? (CO4, K1)
(a) Nirguna Meditation
(b) Saguna Meditation
(c) Silent Meditation
(d) Introspective Meditation

8. Which meditation technique involves analyzing thoughts deeply? (CO4, K2)
- (a) Silent Meditation
 - (b) Introspection
 - (c) Saguna Meditation
 - (d) Yoga Nidra
9. Empathy can be described as : (CO5, K1)
- (a) Understanding others emotions
 - (b) Resolving conflicts
 - (c) Leadership quality
 - (d) Stress management technique
10. Which skill is crucial for effective conflict resolution? (CO5, K2)
- (a) Assertiveness
 - (b) Empathy
 - (c) Communication
 - (d) All of the above

Part B

(5 × 5 = 25)

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

11. (a) Discuss the step-by-step procedure of Poorna Ustrasana. (CO1, K3)
- Or
- (b) Compare and contrast Garudasana and Vatayanasana. (CO1, K2)

12. (a) Explain the physiological effects of Brahmari pranayama. (CO2, K4)

Or

- (b) Highlight the significance of breath retention in pranayama practice. (CO2, K3)

13. (a) Discuss the process and benefits of Kapalabhati kriya. (CO3, K2)

Or

- (b) Explain the significance of Maha Mudra in yogic practice. (CO3, K2)

14. (a) Compare the benefits of introspection and silent meditation. (CO4, K2)

Or

- (b) Explain the role of meditation in stress management. (CO4, K3)

15. (a) Discuss the importance of leadership skills in yoga practice. (CO5, K4)

Or

- (b) Highlight the role of stress management techniques in interpersonal relationships. (CO5, K2)

Part C

(5 × 8 = 40)

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

16. (a) Elaborate on the importance of asanas for overall physical and mental health. (CO1, K5)

Or

- (b) Describe the preparatory poses and challenges in performing Utthitha Padmasana. (CO1, K3)

17. (a) Elaborate on the role of pranayama in achieving physical, mental, and spiritual well-being. (CO2, K4)

Or

- (b) Write a detailed account of Suryabhedana pranayama, including its method, benefits, and contraindications. (CO2, K2)

18. (a) Write a detailed account of the technique and benefits of Nauli kriya. (CO3, K2)

Or

- (b) Evaluate the role and significance of Baudhas in yogic practice. (CO3, K5)

19. (a) Discuss the benefits and challenges of Nirguna meditation. (CO4, K4)

Or

- (b) Write a detailed account on different schools of meditation and their unique benefits. (CO4, K3)

20. (a) Elaborate on the principles of stress management and their application in daily life. (CO5, K5)

Or

- (b) Discuss the role of positive thinking in achieving holistic health. (CO5, K4)
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R3014

Sub. Code

813503

M.Sc. DEGREE EXAMINATION, APRIL – 2025

Second Semester

Yoga

**Elective — INTRODUCTION TO PSYCHOLOGY AND
COUNSELLING**

(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. Who is often called the father of experimental psychology? (CO1, K1)
 - (a) William James
 - (b) Edward B. Titchener
 - (c) Wilhelm Wundt
 - (d) Sigmund Freud

2. The therapist should be genuine and authentic throughout the therapeutic process is called? (CO1, K1)
 - (a) Empathy
 - (b) Incongruence
 - (c) Unconditional positive regards
 - (d) Congruence

3. _____ means any stimulus whose presence interferes with the process attention or draws away attention from object which we wish to attend. (CO2, K1)
- (a) Span of attention
 - (b) Span of visual attention
 - (c) Distraction
 - (d) Span of auditory attention
4. Which aspect of attention is not controlled voluntarily? (CO2, K1)
- (a) Top-down sensitivity control
 - (b) Competitive selection
 - (c) Bottom-up filtering for salient stimuli
 - (d) Working memory
5. A learning process in which an association is made between a previously neutral stimulus and a stimulus that naturally evokes a response. (CO3, K1)
- (a) Latent learning
 - (b) Operant conditioning
 - (c) Observational learning
 - (d) Classical conditioning

6. _____ refers to forgetting of newly acquired information due to interference from previously learned information. (CO3, K1)
- (a) Proactive Interference
 - (b) Retroactive Interference
 - (c) Explicit Memory
 - (d) Chunking
7. An attitude can be inferred from a person's : (CO4, K1)
- (a) Behavior
 - (b) Cognition
 - (c) Affect
 - (d) All of the above
8. Which of the following is used to describe objective reflection on the nature of language? (CO4, K1)
- (a) Metalinguistic reasoning
 - (b) Linguistic relativity
 - (c) Psycholinguistics
 - (d) Morphological pragmatics
9. Part of the brain that helps in regulation and maintenance of muscular activities (CO5, K1)
- (a) Midbrain
 - (b) Cerebrum
 - (c) Cerebellum
 - (d) None of the above
10. Which neuroradiological test is most useful in diagnosing seizures? (CO5, K1)
- (a) EMG
 - (b) MRI
 - (c) SPECT
 - (d) EEG

Part B

(5 × 5 = 25)

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

11. (a) Brief discussion on research ethics in psychology.
(CO1, K2)

Or

- (b) Short note on Eating Disorder. (CO1, K2)

12. (a) Explain the short note on Broadbent theory.
(CO2, K2)

Or

- (b) Classify the major types of illusion. (CO2, K2)

13. (a) Differentiate between sensory memory, short term memory and long term memory. (CO3, K2)

Or

- (b) Write a Short note on implicit Vs explicit memory.
(CO3, K3)

14. (a) Write a brief note on modularity hypothesis and Whorfian hypothesis. (CO4, K2)

Or

- (b) Explain aphasia as a language disorder. (CO4, K3)

15. (a) Differentiate central nervous system and peripheral nervous system. (CO5, K3)

Or

- (b) Discuss on the research ethical issues in neuropsychology. (CO5, K3)

Part C (5 × 8 = 40)

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

16. (a) Explain various stages of counseling process in detail. (CO1, K5)

Or

- (b) Critically evaluate psycho analytic approach to counseling. (CO1, K4)

17. (a) Elucidate the two main approaches to pattern perception in detail. (CO2, K3)

Or

- (b) Define attention. Elaborate on the theories of attention. (CO2, K4)

18. (a) Describe Atkinson and Shiffrin's information processing model of memory. (CO3, K3)

Or

- (b) Elucidate the neuropsychological basis of learning and memory. (CO3, K4)

19. (a) What is language development? Explain its stages in detail. (CO4, K3)

Or

- (b) Discuss the domains of cognitive psychology. (CO4, K3)

20. (a) Examine the origin of biopsychology, Discuss the key issues in the study of biopsychology. (CO5, K4)

Or

- (b) Discuss the detail structure and functions of the lobes of the brain. (CO5, K3)
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R3015

Sub. Code

813401

M.Sc. DEGREE EXAMINATION, APRIL – 2025.

Fourth Semester

Yoga

PRINCIPLES OF YOGIC THERAPY

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

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

1. Which of the following is NOT a core principle of yoga?
(CO1, K1)
(a) Ashtanga Yoga (b) Karma Yoga
(c) Bhakti Yoga (d) Jnana Yoga
2. Who is considered the “Father of Modern Yoga”? (CO1, K1)
(a) Patanjali (b) Swami Vivekananda
(c) B.K.S. Iyengar (d) T. Krishnamacharya
3. Which of the following is an example of a complementary and alternative medicine (CAM) therapy? (CO2, K2)
(a) Chemotherapy (b) Acupuncture
(c) Surgery (d) Antibiotic medication

4. What is the term for the integration of complementary and alternative medicine with conventional medicine?

(CO2, K1)

- (a) Integrative medicine
- (b) Alternative medicine
- (c) Holistic medicine
- (d) Complementary medicine

5. What is the meaning of “yama” in the context of yoga?

(CO3, K1)

- (a) Physical postures
- (b) Ethical restraints
- (c) Meditation techniques
- (d) Breathing exercises

6. What is the primary goal of “pratyahara” in yoga?

(CO3, K1)

- (a) To master physical postures
- (b) To control the breath
- (c) To withdraw the senses from external stimuli
- (d) To achieve deep meditative states

7. Which type of yoga is often recommended for stress reduction and anxiety management?

(CO4, K1)

- (a) Power Yoga (b) Ashtanga Yoga
- (c) Restorative Yoga (d) Vinyasa Yoga

8. How can yoga therapy be beneficial for individuals with chronic pain conditions? (CO4, K1)
- (a) By distracting them from their pain
 - (b) By improving pain tolerance
 - (c) By reducing inflammation and increasing blood flow
 - (d) By completely eliminating pain
9. What is the primary goal of cultural sensitivity in yoga therapy? (CO5, K2)
- (a) To avoid any mention of cultural origins of yoga
 - (b) To homogenize yoga practices across all cultures
 - (c) To respect and honor the cultural roots and traditions of yoga
 - (d) To create a uniform set of yoga practices for all practitioners
10. What is the term for the belief that one's own culture is superior to others? (CO5, K2)
- (a) Cultural relativism
 - (b) Cultural appropriation
 - (c) Cultural sensitivity
 - (d) Ethnocentrism

Part B (5 × 5 = 25)

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

11. (a) Explain how the practice of pranayama can help manage anxiety. (CO1, K3)
- Or
- (b) Analyze how yoga therapy can benefit individuals with chronic pain. (CO1, K4)

12. (a) Explain how the concept of “mind-body connection” is relevant to the practice of integrative medicine. (CO2, K3)

Or

- (b) Compare and contrast the philosophies of allopathic medicine and homeopathy. (CO2, K4)
13. (a) Describe “prana” the flow of energy in the body and its impact on health and well-being. (CO3, K3)

Or

- (b) Analyze the role of “satya” in building trust and authentic relationships in the context of yoga therapy. (CO3, K4)
14. (a) Detail how the practice of yoga Nidra can be helpful for individuals with insomnia. (CO4, K3)

Or

- (b) Discuss the importance of a qualified yoga therapist to work with individuals with ailments. (CO4, K3)
15. (a) Summarize how the concept of “cultural appropriation” applies to the teaching and practice of yoga in the West. (CO5, K3)

Or

- (b) Discuss the ethical considerations involved in teaching yoga to marginalized or vulnerable populations. (CO5, K4)

Part C

(5 × 8 = 40)

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

16. (a) Evaluate the effectiveness of yoga therapy as a complementary treatment for depression with potential limitations. (CO1, K1)

Or

- (b) Design a simple yoga sequence for beginners focusing on stress reduction and explain how they address stress-related symptoms. (CO1, K5)
17. (a) How would you approach patient who is interested in exploring CAM therapies? (CO2, K5)

Or

- (b) Evaluate the current state of evidence supporting the effectiveness of a specific CAM therapy (e.g., acupuncture, meditation). Discuss the quality of research, limitations, and implications for clinical practice. (CO2, K4)
18. (a) Discuss the challenges of applying the Yama Niyama principles of yoga philosophy in today's world (CO3, K4)

Or

- (b) Discuss the concept of “chakras” in yogic philosophy and its relationship to physical, emotional, and mental health. (CO3, K5)

19. (a) Design a simple yoga sequence for individuals with mild hypertension and explain how they can help to lower blood pressure. (CO4, K4)

Or

- (b) Discuss the role and challenges of yoga therapy for a specific population group. (CO4, K5)
20. (a) Summarize an essay on the future of yoga therapy with its trends, challenges, and the opportunities. (CO5, K4)

Or

- (b) Elaborate the training program for yoga therapist to ensure that trainees are equipped to work with diverse populations. (CO5, K5)
-