

**R3772**

**Sub. Code**

**813301**

**M.Sc. DEGREE EXAMINATION, NOVEMBER – 2025**

**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 type questions by choosing the correct option.

1. The WHO constitution states that Health is a state of \_\_\_\_\_ (CO1, K2)
  - (a) Physical, mental and social well-being
  - (b) Body and mind in a balanced condition
  - (c) Absence of disease
  - (d) None of these
2. Which of the following is not dimension of health? (CO1, K3)
  - (a) Physical
  - (b) Social
  - (c) Nutrition
  - (d) Mental
3. Which of the following is the types of personality according to Bhagavad Gita \_\_\_\_\_ (CO2, K1)
  - (a) Sattva
  - (b) Rajas
  - (c) Tamas
  - (d) All of these

4. Jourard is also known for his \_\_\_\_\_ of humanistic therapy (CO2, K2)
- (a) Self-Disclosure Theory
  - (b) Asymptotic theory
  - (c) Arousal theory
  - (d) Behavioural Theory
5. "An adjustment of human beings to the world and to each other with a maximum of effectiveness and happiness" are defined by \_\_\_\_\_ (CO3, K2)
- (a) Pavlov
  - (b) Karl Menninger
  - (c) Maslow
  - (d) Jourard
6. According to the Hatha Yoga Pradipika \_\_\_\_\_ comes when there is development of a sound body and a sound mind (CO3, K1)
- (a) Dharana
  - (b) Pratyahara
  - (c) Samadhi
  - (d) Pranayama
7. The Relaxation Response is essentially the opposite reaction to the \_\_\_\_\_ response (CO4, K3)
- (a) Fight or flight
  - (b) Stress
  - (c) Emotional
  - (d) Acquiescence
8. Pranayama is said to be the union of \_\_\_\_\_ (CO4, K2)
- (a) Vyana and Udana
  - (b) Prana and Apana
  - (c) Samana and prana
  - (d) None of these
9. Swasthavritta is the branch of \_\_\_\_\_ (CO5, K3)
- (a) Siddha
  - (b) Unani
  - (c) Ayurveda
  - (d) Homeopathy

10. Happiness underlying factors are considerable from two dimensions are \_\_\_\_\_ (CO5, K4)
- (a) Endogenic and exogenic
  - (b) Ethical and cognitive
  - (c) Cognitive and economical
  - (d) Social and geographical

**Part B**

(5 × 5 = 25)

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

11. (a) Explain in detail about Important yard sticks of health. (CO1, K3)
- Or
- (b) Explain about the “Positive Health” according to Asrani. (CO1, K4)
12. (a) Write short notes about the supervision of mental health aids to a healthy person. (CO2, K2)
- Or
- (b) Discuss in detail about physiological and psychological action. (CO2, K3)
13. (a) Give an elaborate note of emotional disorganization levels according to Karl menninger. (CO3, K1)
- Or
- (b) Describe in detail about Phases of the breakdown according to pavlov. (CO3, K1)
14. (a) Distinguish between Stress response and Cultivation of Relaxation Response. (CO4, K2)
- Or
- (b) Write in detail about the Purification of Nadi Techniques. (CO4, K3)
15. (a) Write short notes on Ayurveda swasthavritta. (CO5, K1)
- Or
- (b) Give an elaborate about how to Improve Dietary habit? (CO5, K3)

**Part C**

(5 × 8 = 40)

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

16. (a) Describe in detail about the concept of “Positive Health” according to Ayurveda and WHO? (CO1, K2)

Or

- (b) Write an elaborate note of the Dimension and Criteria of health. (CO1, K3)

17. (a) Write a detailed account of “Healthy Personality” corresponding to Maslow and Jourard. (CO2, K2)

Or

- (b) Explain in detail about the Characteristics of a Healthy Personality? (CO2, K1)

18. (a) Give an elaborate note about Body and Mind in Patanjali yoga sutra. (CO3, K3)

Or

- (b) Explain the causes and effects of emotion and somatic disorders (CO3, K2)

19. (a) Explain in detail about shraddha, Iswara-pranidhana and tranquillization of mind. (CO4, K1)

Or

- (b) Discuss in detail about the role of different limbs of yoga on positive health development? (CO4, K3)

20. (a) Describe in detail about the Yogic principles of diet. (CO5, K2)

Or

- (b) Write in detail about the fundamental concept of Health and Happiness? (CO5, K1)

**R3773**

**Sub. Code**

**813302**

**M.Sc. DEGREE EXAMINATION, NOVEMBER – 2025**

**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 type questions by choosing the correct option.

1. \_\_\_\_\_ Yoga is a branch of yoga that uses physical techniques to try to preserve and channel vital force or energy. (CO1, K2)  
(a) Hatha (b) Patanjali  
(c) Valmiki (d) None of these
2. The aims of Hatha yoga in various Indian traditions have included \_\_\_\_\_. (CO1, K2)  
(a) Physical Siddhis (b) Psychological Siddhis  
(c) Normal (d) None of these
3. \_\_\_\_\_ defined in tantra as energy that lies within the body, frequently at the navel or the base of the spine. (CO2, K4)  
(a) Kundalini (b) Nada  
(c) Knowledge (d) None of these

4. Father of yoga (CO2, K4)  
(a) Vivekanandar (b) Patanjali  
(c) Valmiki (d) None of these
5. Rāja yoga has variously been called \_\_\_\_\_. (CO3, K4)  
(a) Astanga Yoga (b) Samavedha  
(c) Yogic Sudhras (d) None of these
6. A Warm up or loosening exercise and stretches before asanas is mandatory to avoid \_\_\_\_\_. (CO3, K4)  
(a) Injuries (b) Contract  
(c) Warm breath (d) None of these
7. The root lock of Bandha is called \_\_\_\_\_. (CO4, K2)  
(a) Mula (b) Ahimsa  
(c) Energy (d) None of these
8. Expansion of HYP (CO4, K2)  
(a) Hatha Yoga Pradipika  
(b) Hatha Youth Practice  
(c) Halasana Yoga Practice  
(d) None of these
9. Puraka means \_\_\_\_\_. (CO5, K5)  
(a) Inhalation (b) Impurification  
(c) Exhalation (d) None of these
10. The flow of breath-in through the left nostril is called \_\_\_\_\_. (CO5, K5)  
(a) Sun breath (b) Moon breath  
(c) Warm breath (d) None of these

**Part B**

(5 × 5 = 25)

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

11. (a) Write the meaning and definitions of Hatha Yoga. (CO1, K2)

Or

- (b) Explain the detail about Kundalini Yoga. (CO1, K2)

12. (a) Give an elaborate account on Gherand Samhita in Hatha Yoga. (CO2, K4)

Or

- (b) Explain in detailed account on types of Nadis. (CO2, K4)

13. (a) Explain the origin and importance of Hatha Yoga. (CO3, K4)

Or

- (b) Explain in detailed on concept of Pathya and Apahya in Hatha Yoga. (CO3, K4)

14. (a) Explain the precautions and importance of Hatha Yoga in modern days. (CO4, K2)

Or

- (b) Explain in detailed on techniques and benefits of Bandhas. (CO4, K2)

15. (a) Explain the techniques and precautions of Satkriyas in Hatha Yoga. (CO5, K5)

Or

- (b) Write in detailed note on concept of Prathyahara in GS. (CO5, K5)

**Part C**

(5 × 8 = 40)

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

16. (a) Give an elaborate account on Psychophysical self-training method in Hatha Yoga. (CO1, K2)

Or

- (b) Explain in detailed about Sthula and Sukhshma in Hatha Yoga. (CO1, K2)

17. (a) Explain the classifications of Satkarmas according to HPY and GS. (CO2, K4)

Or

- (b) Write a detailed account on techniques and concepts of Satkriyas. (CO2, K4)

18. (a) Explain the Do's and Don'ts to be followed by Hatha Yoga Practitioner. (CO3, K4)

Or

- (b) Write about the relationship between Hatha Yoga and Raja Yoga. (CO3, K4)

19. (a) Explain in detailed about the salient features of Asana in HYP and GS. (CO4, K2)

Or

- (b) Explain the techniques and benefits of Muduras in HYP and GS. (CO4, K2)

20. (a) Explain the concept of Prana, kinds of Prana and Upa Pranas. (CO5, K5)

Or

- (b) Explain the detailed account of Nadanusandhana in HYP. (CO5, K5)

**R3774**

**Sub. Code**

**813506**

**M.Sc. DEGREE EXAMINATION, NOVEMBER – 2025**

**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 type questions by choosing the correct option.

1. The brain and spinal cord that extends from it to make up the \_\_\_\_\_. (CO1, K2)
  - (a) cardio vascular system
  - (b) Nervous system
  - (c) Skeletal system
  - (d) Central Nervous system
2. The triune brain theory is an evolutionary theory of brain development that emphasizes \_\_\_\_\_ key brain regions. (CO1, K1)
  - (a) One
  - (b) Two
  - (c) Three
  - (d) Four
3. The fourth state of consciousness according to upanishad is called \_\_\_\_\_. (CO2, K3)
  - (a) Waking
  - (b) Deepsleep
  - (c) Transcendental
  - (d) Dreaming

4. "A higher form of consciousness than that possessed by the ordinary man' is defined by \_\_\_\_\_. (CO2, K1)
- (a) Melzack (b) R.M.Bucke  
(c) John Locke (d) Matlin
5. \_\_\_\_\_ is typically symbolised by a person who is blind or wearing a blindfold. (CO3, K3)
- (a) Avidya (b) Asmita  
(c) Vidya (d) None of these
6. According to Yoga philosophy, \_\_\_\_\_ is the second of the five kleshas. (CO3, K2)
- (a) Dvesha (b) Raga  
(c) Abhinivasa (d) Asmita
7. \_\_\_\_\_ is the highest state of consciousness. (CO4, K3)
- (a) Dharana (b) Pratyahara  
(c) Samadhi (d) Pranayama
8. The key components of cognitive yoga include \_\_\_\_\_. (CO4, K1)
- (a) Mindfulness meditation  
(b) Visualization  
(c) Breathing techniques  
(d) All of the these
9. The psychological benefits of yoga are rooted in their ability to bring the mind and body into a state of \_\_\_\_\_. (CO5, K1)
- (a) Pleasure  
(b) Emotion  
(c) Relaxation and Balance  
(d) Concentration

10. \_\_\_\_\_ has been related to the mystic techniques of renunciation and contemplation. (CO5, K1)
- (a) Deautomatisation (b) Dishabituation  
(c) Consciousness (d) Habituation

**Part B** (5 × 5 = 25)

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

11. (a) Explain in detail about overview of human brain? (CO1, K3)

Or

- (b) Give an elaborate note of brain hemispheres? (CO1, K2)

12. (a) Write short notes about the Indian concept of states of consciousness? (CO2, K3)

Or

- (b) Discuss in detail about modern correlates of states of consciousness? (CO2, K1)

13. (a) Give an elaborate note of yogic training according to yogic depth? (CO3, K2)

Or

- (b) Describe in detail about yogic psychology? (CO3, K2)

14. (a) Give a short note about samadhi in non-spiritual perceptions. (CO4, K1)

Or

- (b) Give an elaborate note about psychological effect of yogic training? (CO4, K3)

15. (a) Write short notes on Deautomatisation? (CO5, K4)

Or

- (b) Describe in detail about Dishabituation? (CO5, K1)

**Part C**

(5 × 8 = 40)

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

16. (a) Describe in detail about the triune brain and evolution of consciousness? (CO1, K1)

Or

- (b) Write an elaborate note of the Gate control theory of Melzack? (CO1, K3)

17. (a) Write a detailed account of pure consciousness according to upanishads and yoga? (CO2, K2)

Or

- (b) Explain in detail about the cosmic consciousness according to R.M.Bucke? (CO2, K3)

18. (a) Give an elaborate note about Avidya as the “Collective unconscious”? (CO3, K4)

Or

- (b) Explain the Asmita as the “Individual unconscious”? (CO3, K1)

19. (a) Describe in detail about the samadhi of spiritual perceptions? (CO4, K2)

Or

- (b) Write in detail about the yogic training according to yogic cognitive? (CO4, K1)

20. (a) Explain in detail about yoga for realization of pure consciousness? (CO5, K2)

Or

- (b) Discuss in detail about the psychology of yogic meditation and meditational practices? (CO5, K2)