

R4708

Sub. Code

25MYG2C1

M.Sc. DEGREE EXAMINATION, APRIL – 2026

Second Semester

Yoga

**RESEARCH METHODOLOGY AND STATISTICS
IN YOGA**

(CBCS – 2025 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

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

1. Statistics in research primarily helps to (CO1, K1)
 - (a) Organize data
 - (b) Analyze variability
 - (c) Draw conclusions
 - (d) All of the above

2. Raw data refers to (CO1, K1)
 - (a) Grouped data
 - (b) Processed data
 - (c) Unorganized data
 - (d) Classified data

3. In which sampling method does every unit of the population have an equal and independent chance of being selected? (CO2, K1)
- (a) Convenience sampling
 - (b) Purposive sampling
 - (c) Simple random sampling
 - (d) Snowball sampling
4. Which of the following research designs involves the systematic study of a phenomenon over a long period of time? (CO2, K1)
- (a) Cross-sectional research
 - (b) Experimental research
 - (c) Action research
 - (d) Longitudinal research
5. Standard deviation measures (CO3, K1)
- (a) Central value
 - (b) Dispersion
 - (c) Skewness
 - (d) Kurtosis
6. Normal distribution is (CO3, K1)
- (a) Symmetrical
 - (b) Positively skewed
 - (c) Negatively skewed
 - (d) Uniform

7. Quartile deviation is based on (CO4, K1)
(a) Mean (b) Median
(c) Quartiles (d) Range
8. Higher standard deviation indicates (CO4, K1)
(a) Less variability
(b) More variability
(c) Central tendency
(d) Accuracy
9. Statistics in yoga research helps in (CO5, K1)
(a) Decision making
(b) Hypothesis testing
(c) Interpretation of results
(d) All of the above
10. Normal curve is associated with (CO5, K2)
(a) Probability theory
(b) Sampling error
(c) Experimental bias
(d) Non-random sampling

Part B

(5 × 5 = 25)

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

11. (a) Define research and explain the objectives and significance of research in Yoga. (CO1, K3)
- Or
- (b) Distinguish between qualitative and quantitative research, with suitable examples from yoga studies. (CO1, K3)

12. (a) Explain the types of research design used in yoga research. (CO2, K4)

Or

- (b) Describe probability and non-probability sampling methods and state their relevance in yoga therapy research. (CO2, K3)

13. (a) Explain the types of data and variables used in yoga research. (CO3, K4)

Or

- (b) Discuss the tools of data collection used in yoga research and explain the ethical concerns involved. (CO3, K4)

14. (a) Define statistics and explain its need and importance in yoga research. (CO4, K3)

Or

- (b) Explain measures of central tendency and measures of variability. (CO4, K4)

15. (a) Differentiate between experimental and non-experimental research methods. (CO5, K3)

Or

- (b) Explain the structure and components of a yogic research report. (CO5, K4)

Part C

(5 × 8 = 40)

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

16. (a) Explain in detail the research process in yoga and the role of literature review. (CO1, K4)

Or

- (b) Discuss the application of research design in yoga therapy studies, highlighting traditional and modern yoga science approaches. (CO1, K5)

17. (a) Analyse different types of research designs, explaining their applicability in yoga research. (CO2, K5)

Or

- (b) Explain the sampling techniques and critically analyse their role in ensuring validity of yoga research. (CO2, K5)

18. (a) Discuss primary and secondary data and explain their relevance in yoga research with examples. (CO3, K5)

Or

- (b) Explain in detail the methods of data collection and ethical issues. (CO3, K5)

19. (a) The following data represent systolic blood pressure (mmHg) of yoga practitioners :

120, 124, 118, 130, 126 122, 128, 124

Calculate :

- (i) Mean
(ii) Median
(iii) Standard Deviation
(iv) Interpret the results. (CO4, K5)

Or

- (b) Explain the normal distribution curve, its properties and significance in yoga research. Solve a suitable numerical problem to illustrate its application. (CO4, K5)

20. (a) Explain one-tailed and two-tailed tests and Null Hypothesis with suitable yoga research examples. (CO5, K5)

Or

- (b) Outline the steps of report writing and presentation of a yogic research report. (CO5, K5)
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R4709

Sub. Code

25MYG2C2

M.Sc. DEGREE EXAMINATION, APRIL – 2026

Second Semester

Yoga

YOGIC PSYCHOLOGY

(CBCS – 2025 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

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

1. Holistic health in yogic psychology primarily refers to (CO1, K1)
 - (a) Absence of disease
 - (b) Psychological fitness alone
 - (c) Integration of body, mind and consciousness
 - (d) Physical endurance

2. The yogic model of normality emphasizes (CO1, K2)
 - (a) Balance and harmony of mind-body system
 - (b) Social conformity
 - (c) Cognitive superiority
 - (d) Emotional suppression

3. Psychosomatic disorders primarily arise due to (CO2, K1)
 - (a) Genetic inheritance only
 - (b) Structural abnormalities
 - (c) Interaction between psychological and physiological factors
 - (d) Environmental toxins

4. According to Taittiriya Upanishad, disease originates from imbalance in (CO2, K1)
 - (a) Sensory organs
 - (b) Panchakosha system
 - (c) Cognitive intelligence
 - (d) Motor functions

5. Indian psychological perspective views personality as (CO3, K1)
 - (a) Fixed trait structure
 - (b) Genetic determinant
 - (c) Socially learned behaviour
 - (d) Dynamic process of consciousness

6. Western personality theories mainly focus on (CO3, K2)
 - (a) Observable behaviour and traits
 - (b) Spiritual evolution
 - (c) Liberation
 - (d) Moral discipline

7. Mental hygiene in yoga primarily aims at (CO4, K1)
- (a) Emotional suppression
 - (b) Balanced adjustment and self-regulation
 - (c) Sensory withdrawal
 - (d) Cognitive dominance
8. Attitude formation in yoga supports (CO4, K1)
- (a) Rigid personality traits
 - (b) Competitive behaviour
 - (c) Total personality integration
 - (d) External conformity
9. Consciousness in yogic psychology is viewed as (CO5, K1)
- (a) Fundamental principle of existence
 - (b) Brain function only
 - (c) Cognitive activity
 - (d) Sensory awareness
10. The study of human consciousness primarily helps in (CO5, K1)
- (a) Increasing intelligence quotient
 - (b) Improving memory alone
 - (c) Enhancing physical stamina
 - (d) Achieving mental relaxation and self-awareness

Part B

(5 × 5 = 25)

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

11. (a) Explain the concept of holistic health from a yogic psychological perspective. (CO1, K2)

Or

- (b) Apply yogic psychological principles to promote holistic health in modern life. (CO1, K3)

12. (a) Explain the characteristics and types of psychosomatic disorders. (CO2, K4)

Or

- (b) Apply yogic interventions for managing psychosomatic disorders. (CO2, K3)

13. (a) Explain Eastern and Western concepts of personality. (CO3, K2)

Or

- (b) Put on record Indian psychological concepts to explain human behaviour. (CO3, K4)

14. (a) Explain the role of yoga in personal and interpersonal adjustment. (CO4, K2)

Or

- (b) Apply yogic practices for attitude formation and personality integration. (CO4, K3)

15. (a) Explain the meaning and nature of human consciousness. (CO5, K2)

Or

- (b) Apply yogic concepts of consciousness for mental relaxation. (CO5, K3)

Part C

(5 × 8 = 40)

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

16. (a) Analyze the relationship between yogic psychology and holistic health development. (CO1, K4)

Or

- (b) Critically evaluate concepts and models of normality from yogic and modern psychology perspectives. (CO1, K5)

17. (a) Analyze psychosomatic disorders through the Panchakosha framework of Taittiriya Upanishad.

(CO1, K5)

Or

- (b) Critically evaluate the role of yoga therapy in the management of psychosomatic disorders. (CO2, K5)

18. (a) Analyze personality development from Indian and Western psychological perspectives. (CO3, K4)

Or

- (b) Critically evaluate modern personality theories in light of yogic psychology. (CO3, K5)

19. (a) Analyze the role of yoga in personality integration and mental hygiene. (CO4, K4)

Or

- (b) Critically evaluate yoga as a tool for personal and interpersonal adjustment. (CO4, K5)

20. (a) Analyze the concept of human consciousness in yogic psychology. (CO4, K4)

Or

- (b) Critically evaluate the need for the study of consciousness for mental relaxation and moral integration. (CO4, K5)
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R4710

Sub. Code

25MYG2C3

M.Sc. DEGREE EXAMINATION, APRIL – 2026

Second Semester

Yoga

COMPUTER APPLICATIONS AND AI IN YOGA

(CBCS – 2025 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 Arithmetic Logic Unit of a computer is responsible for (CO1, K1)
 - (a) Data storage
 - (b) Input processing
 - (c) Logical and arithmetic operations
 - (d) Output display

2. Artificial Intelligence in yoga is mainly used in (CO1, K2)
 - (a) Manual record keeping
 - (b) Hardware maintenance
 - (c) Printing reports
 - (d) Personalized yoga interventions

3. Which toolbar in MS Word is used to change font style and size? (CO2, K1)
- (a) Formatting toolbar
 - (b) Standard toolbar
 - (c) Formula bar
 - (d) Status bar
4. Copy and paste functions in MS Word are examples of (CO2, K2)
- (a) Formatting operations
 - (b) Editing operations
 - (c) Printing operations
 - (d) Storage operations
5. The formula bar in MS Excel is used for (CO3, K1)
- (a) Display charts
 - (b) Change worksheet layout
 - (c) Enter or edit data and formulas
 - (d) Insert slides
6. Charts in Excel are mainly for (CO3, K1)
- (a) Store data
 - (b) Delete data
 - (c) Encrypt data
 - (d) Analyse and visualize data

7. Animation in PowerPoint is applied to (CO4, K1)
- (a) Entire computer system
 - (b) File storage
 - (c) Internet browser
 - (d) Slides and objects
8. Slide transition refers to _____ (CO4, K1)
- (a) Movement between slides
 - (b) Formatting text
 - (c) Printing slides
 - (d) Saving presentation
9. E-mail is primarily used in (CO5, K1)
- (a) Hardware networking
 - (b) Electronic communications
 - (c) Software installation
 - (d) Data encryption
10. The World Wide Web mainly supports (CO5, K1)
- (a) Standalone computing
 - (b) Offline processing
 - (c) Hardware control
 - (d) Information sharing

Part B

(5 × 5 = 25)

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

11. (a) Explain the basic components of a computer system and their functions. (CO2, K2)

Or

- (b) Discuss the comparison between human intelligence and artificial intelligence. (CO2, K2)

12. (a) Describe the role of different toolbars in Microsoft Word with suitable examples. (CO3, K3)

Or

- (b) Explain the applications of MS Word in educational and research. (CO3, K4)

13. (a) Explain the features of Microsoft Excel used for mathematical operations related to yoga. (CO3, K3)

Or

- (b) Discuss the significance of charts and data analysis in yoga research using Excel. (CO3, K3)

14. (a) Analyze the steps involved in preparing an effective PowerPoint presentation for yoga education. (CO4, K4)

Or

- (b) Examine the role of animations and multimedia in enhancing yoga presentations. (CO4, K4)

15. (a) Explain the functions and services of the Internet relevant to yoga research. (CO4, K4)

Or

- (b) Analyze the role of computers in research, and data analysis in yoga. (CO4, K4)

Part C

(5 × 8 = 40)

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

16. (a) Critically evaluate the applications of Artificial Intelligence in the development of personalized yoga therapy. (CO1, K5)

Or

- (b) Evaluate the advantages and limitations of AI-based systems in assessing yoga therapeutic outcomes. (CO1, K5)

17. (a) Design a professional research document in MS Word for a yoga-based experimental study and editing tools used. (CO2, K5)

Or

- (b) Explain how Microsoft Word tools can be effectively used to present a professional academic document related to yoga research. (CO2, K5)

18. (a) Develop an Excel-based data analysis model for assessing flexibility improvement in yoga practitioners. (CO3, K5)

Or

- (b) Critically evaluate the use of Microsoft Excel in analysing, and interpreting yoga-related experimental data. (CO3, K5)

19. (a) Prepare a detailed PowerPoint presentation plan for delivering a workshop on AI-assisted yoga training. (CO4, K5)

Or

- (b) Design an effective PowerPoint presentation plan for a yoga workshop, explaining the use of multimedia elements. (CO4, K5)

20. (a) Critically assess the impact of computer networks and Internet resources on modern yoga education. (CO5, K5)

Or

- (b) Analyze the impact of Internet-based tools on modern yoga teaching. (CO5, K5)
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R4711

Sub. Code

25MYG2C4

M.Sc. DEGREE EXAMINATION, APRIL – 2026

Second Semester

Yoga

**INTRODUCTION OF MUDRAS, BANDHAS AND
MEDITATION**

(CBCS – 2025 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** the following objective questions by choosing the correct options.

1. Abhyasa and Vairagya in yoga philosophy primarily emphasize (CO1, K1)
 - (a) Physical endurance
 - (b) Ritualistic worship
 - (c) Steady disciplined practice and detachment
 - (d) Breath retention

2. The primary role of mudras in yogic practice is to (CO1, K1)
 - (a) Regulate pranic energy flow
 - (b) Increase muscle mass
 - (c) Improve flexibility only
 - (d) Stimulate digestion exclusively

3. Asamyukta hasta mudras are characterized by (CO2, K1)
- (a) Use of both hands together
 - (b) Dynamic movement patterns
 - (c) Use of single hand gestures
 - (d) Breathing synchronization only
4. Mana mudra mainly influences (CO2, K2)
- (a) Muscular strength
 - (b) Sensory withdrawal and mental focus
 - (c) Skeletal alignment
 - (d) Cardiovascular endurance
5. Mula Bandha primarily activates (CO3, K1)
- (a) Vishuddhi chakra (b) Anahata chakra
 - (c) Ajna chakra (d) Muladhara chakra
6. Maha Bandha is a combination of (CO3, K1)
- (a) Jalandhara and Uḍḍiyana Bandha
 - (b) Only Jalandhara Bandha
 - (c) Only Mula Bandha
 - (d) Mula, Uḍḍiyana and Jalandhara Bandha
7. Withdrawal from sensory activities is known as (CO4, K1)
- (a) Dharana (b) Pranaḃayama
 - (c) Pratyahara (d) Samadhi

8. Thuriya meditation primarily aims at (CO4, K1)
- (a) Emotional catharsis Transcendence of waking, dream, and deep sleep states
 - (b) Altered dream states
 - (c) Transcendence of waking, dream, and deep sleep states
 - (d) Physical relaxation
9. The interrelationship between mudra, bandha, and meditation primarily enhances (CO1, K1)
- (a) Athletic performance
 - (b) External appearance
 - (c) Energetic integration
 - (d) Muscular hypertrophy
10. Psychological balance achieved through integrated yogic practices is mainly due to (CO1, K1)
- (a) Hormonal suppression
 - (b) Nervous system regulation
 - (c) Increased caloric expenditure
 - (d) Joint mobility

Part B

(5 × 5 = 25)

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

11. (a) Explain the role of abhyasa in sustaining long-term yogic discipline. (CO1, K4)

Or

- (b) Discuss the philosophical significance of mudra, bandha, and meditation within yogic practice. (CO1, K2)

12. (a) Describe the physiological and psychological relevance of Hasta Mudras. (CO2, K2)

Or

- (b) Explain the role of prāṇa, nāḍis and chakras in the application of mudras. (CO2, K4)

13. (a) Analyze the effects of bandhas on heart rate and blood pressure regulation. (CO3, K4)

Or

- (b) Explain contraindications and precautions associated with bandha practices. (CO3, K2)

14. (a) Discuss the concept and benefits of Shanti Yoga meditation. (CO4, K3)

Or

- (b) Explain the role of the pineal gland in advanced meditative practices. (CO4, K2)

15. (a) Explain how integration of mudras, bandhas, and meditation influences emotional balance. (CO5, K2)

Or

- (b) Discuss yogic practices as therapeutic tools in psychological well-being. (CO5, K3)

Part C

(5 × 8 = 40)

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

16. (a) Critically analyse the foundational principles of
yogic practice. (CO1, K4)

Or

- (b) Evaluate the philosophical interrelationship
between yoga mudra and bandha. (CO1, K5)

17. (a) Examine the physiological mechanisms through
hasta mudras. (CO2, K4)

Or

- (b) Critically assess the practical relevance of mudras
in contemporary yoga therapy. (CO2, K5)

18. (a) Justify the role of different types of bandhas in
regulating pranic flow and maintaining
psycho-physiological balance. (CO3, K4)

Or

- (b) Evaluate the impact of bandha practices on
hormonal balance including contraindications.
(CO3, K5)

19. (a) Assess the transformative role of meditation in
karmic purification, and refinement of
consciousness. (CO4, K4)

Or

- (b) Critically examine the processes, and benefits of
Thuriya and Thuriya-theetham meditation.
(CO4, K5)

20. (a) Analyze the integrated application of mudra, and meditation as a holistic framework for mental, and spiritual balance. (CO5, K4)

Or

- (b) Propose a comprehensive yogic model demonstrating how integrated practices facilitate holistic well-being. (CO5, K5)
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R4712

Sub. Code

25MYG2E2

M.Sc. DEGREE EXAMINATION, APRIL – 2026

Second Semester

Yoga

Elective : METHODS OF TEACHING YOGA

(CBCS – 2025 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 lecture method primarily develops (CO1, K1)
 - (a) Psychomotor skill
 - (b) Auditory perception
 - (c) Reflex action
 - (d) Muscular endurance

2. In the instruction method, the sequence “Stimulus-Response” refers to (CO1, K2)
 - (a) Feedback mechanism
 - (b) Demonstration method
 - (c) Evaluation technique
 - (d) Teacher Command and student performance

3. Rhythmic counting in Surya Namaskar enhances (CO2, K2)
- (a) Cardiovascular load only
 - (b) Static endurance
 - (c) Neuromuscular coordination
 - (d) Emotional catharsis
4. Group discussion method mainly improves (CO2, K1)
- (a) Memory retention
 - (b) Muscular flexibility
 - (c) Visual acuity
 - (d) Interpersonal communication
5. Practice method strengthens retention through (CO3, K2)
- (a) Passive listening
 - (b) Observational recall
 - (c) Experiential reinforcement
 - (d) Written examination
6. Project method is best suited for developing (CO3, K2)
- (a) Silent reflective learning
 - (b) Competitive aggression
 - (c) Physical strength
 - (d) Immediate reflexes
7. Lecture method requires high level of (CO4, K1)
- (a) Kinesthetic awareness
 - (b) Vocabulary competence
 - (c) Muscular memory
 - (d) Autonomic control

8. Small group suitability is a feature of (CO4, K1)
- (a) Lecture method
 - (b) Practice method
 - (c) Group discussion method
 - (d) Drill method
9. Correction and motivation of students are core elements of (CO5, K2)
- (a) Project method
 - (b) Practice method
 - (c) Lecture method
 - (d) Demonstration only.
10. Collection of materials from various sources is central to : (CO5, K1)
- (a) Project method
 - (b) Instruction method
 - (c) Practice method
 - (d) Lecture method

Part B

(5 × 5 = 25)

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

11. (a) Evaluate the pedagogical strength and limitations of the lecture method in advanced yoga education. (CO1, K4)

Or

- (b) Analyze the cognitive demands placed on students during lecture-based yoga instruction. (CO1, K3)

12. (a) Examine the stimulus-response theory underlying instruction method in yogic practices. (CO2, K4)

Or

- (b) Evaluate the effectiveness of rhythmic command in teaching Surya Namaskar. (CO2, K5)

13. (a) Assess the role of group discussion in enhancing reflective learning in yoga psychology. (CO3, K5)

Or

- (b) Analyze how group discussion promotes multi-angle understanding of yogic philosophy. (CO3, K4)

14. (a) Compare experiential learning and theoretical instruction in practice-based yoga teaching. (CO4, K4)

Or

- (b) Evaluate the teacher's corrective role in improving performance level of yoga students. (CO4, K5)

15. (a) Analyze the contribution of project method to research orientation in yoga education. (CO5, K4)

Or

- (b) Critically appraise the role of seminars and competitions in professional yoga training. (CO5, K5)

Part C

(5 × 8 = 40)

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

16. (a) Critically analyze the lecture method in postgraduate yoga education and evaluate its effectiveness in developing higher-order cognitive abilities. (CO1, K4)

Or

- (b) Examine the pedagogical limitations of the lecture method and propose advanced modifications to enhance student engagement and conceptual clarity in yoga teaching. (CO1, K5)

17. (a) Develop a Structured instructional model for teaching surya Namaskar using command-based pedagogy. (CO2, K5)

Or

- (b) Critically evaluate the stimulus-response framework in instruction method and analyse its relevance in psychomotor skill acquisition in yoga. (CO2, K4)

18. (a) Design a group discussion framework for teaching and evaluate its impact on analytical and reflective thinking. (CO3, K5)

Or

- (b) Critically examine the role of group discussion in fostering multi-dimensional understanding in yoga education. (CO3, K4)

19. (a) Critically evaluate practice method as an experiential learning strategy in skill enhancement and retention at master's level. (CO4, K5)

Or

(b) Analyze the teacher's corrective and motivational role in optimizing performance in advanced yoga practice sessions. (CO4, K5)

20. (a) Construct a comprehensive project-based learning module for postgraduate yoga students. (CO5, K5)

Or

(b) Critically appraise the role of conferences and field visits in strengthening research orientation and professional competence in yoga education. (CO5, K5)

R4713

Sub. Code

25MYG2S1

M.Sc. DEGREE EXAMINATION, APRIL – 2026

Second Semester

Yoga

YOGA AND ENTREPRENEURSHIP

(CBCS – 2025 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

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

1. Yogapreneurship primarily refers to (CO1, K1)
 - (a) Commercial fitness business
 - (b) Corporate wellness only
 - (c) Sports management
 - (d) Entrepreneurial application of yoga principles

2. The role of entrepreneurship in yoga development is mainly to (CO1, K2)
 - (a) Preserve tradition only
 - (b) Limit institutional growth
 - (c) Replace classical yoga
 - (d) Expand accessibility and sustainability

3. Opportunity scanning in yoga entrepreneurship involves (CO2, K2)
- (a) Random idea selection
 - (b) Identifying unmet market needs
 - (c) Personal preference only
 - (d) Government approval
4. Branding in yoga startups primarily helps in (CO2, K1)
- (a) Market differentiation and identity creation
 - (b) Cost reduction
 - (c) Legal compliance
 - (d) Financial auditing
5. Financial planning for a yoga startup focuses on (CO3, K2)
- (a) Only profit calculation
 - (b) Marketing strategies
 - (c) Resource allocation and sustainability
 - (d) Trainer recruitment
6. Feasibility assessment evaluates (CO3, K1)
- (a) Spiritual depth
 - (b) Teaching style
 - (c) Economic and operational viability
 - (d) Instructor popularity

7. Yoga tourism primarily integrates yoga with (CO4, K2)
- (a) Travel and wellness services
 - (b) Sports events
 - (c) Corporate training
 - (d) Medical insurance
8. Yoga therapy as a business opportunity mainly targets (CO4, K2)
- (a) Competitive athletes
 - (b) Adventure tourism
 - (c) Entertainment sector
 - (d) Lifestyle and psychosomatic disorders
9. A wellness trainer differs from a yoga teacher mainly in (CO5, K1)
- (a) Certification level
 - (b) Holistic lifestyle focus
 - (c) Asana complexity
 - (d) Teaching duration
10. Breathwork coaching primarily supports (CO5, K2)
- (a) Emotional regulation and stress management
 - (b) Muscle strength
 - (c) Flexibility only
 - (d) Weight training

Part B

(5 × 5 = 25)

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

11. (a) Explain the concept of Yogapreneurship and its significance in yoga development. (CO1, K2)

Or

- (b) Describe the vision and strategies required for successful entrepreneurship in yoga. (CO1, K3)

12. (a) Explain the role of creativity in branding and marketing of yoga products and services. (CO2, K2)

Or

- (b) Illustrate the steps involved in opportunity identification for a yoga startup. (CO2, K3)

13. (a) Describe the importance of financial planning in a small-scale yoga startup. (CO3, K2)

Or

- (b) Apply feasibility assessment methods to evaluate a yoga venture. (CO3, K3)

14. (a) Explain yoga tourism as an emerging entrepreneurial opportunity. (CO4, K3)

Or

- (b) Discuss the scope of yoga therapy within integrated healthcare systems. (CO4, K3)

15. (a) Describe various job opportunities available after yoga studies. (CO5, K3)

Or

- (b) Explain the role of yoga professionals in stress management and lifestyle coaching. (CO5, K3)

Part C

(5 × 8 = 40)

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

16. (a) Examine the role of entrepreneurship in transforming yoga into a sustainable professional domain. (CO1, K4)

Or

- (b) Critically evaluate Yogapreneurship as a bridge between traditional yoga values and modern business practices. (CO1, K5)

17. (a) Analyze the importance of branding and marketing strategies in the success of yoga startups. (CO2, K4)

Or

- (b) Design a creative yoga product or service model based on opportunity scanning and market assessment. (CO2, K5)

18. (a) Justify the role of government funding agencies in supporting yoga startups. (CO3, K4)

Or

- (b) Critically evaluate financial and economic feasibility factors in planning a yoga enterprise. (CO3, K5)

19. (a) Assess the scope of yoga-based business opportunities across education, healthcare, and tourism sectors. (CO4, K4)

Or

- (b) Evaluate the impact of technology and corporate linkage on the expansion of yoga entrepreneurship. (CO4, K5)

20. (a) Examine the relationship between yoga education and employability in the wellness industry. (CO5, K4)

Or

- (b) Propose a career development framework for yoga graduates in modern society. (CO5, K5)
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R5081

Sub. Code

813401

M.Sc. DEGREE EXAMINATION, APRIL – 2026

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 objective type questions by choosing the correct option.

1. A condition marked by low TSH level is called _____ (CO1, K1)
 - (a) Hypertension
 - (b) Goitre
 - (c) Hyperthyroidism
 - (d) Thyroid cancer
2. Which of the following body function is regulated by the thyroid producing hormones? (CO1, K2)
 - (a) Digestion
 - (b) Temperature
 - (c) Metabolism
 - (d) Blood pressure

3. Post-traumatic stress is a _____. (CO2, K1)
- (a) Language disorder
 - (b) Mental health condition
 - (c) Learning disability
 - (d) Development disorder
4. Mental state examination includes the following except _____. (CO2, K1)
- (a) Appearance
 - (b) Diagnosis
 - (c) Affect
 - (d) Thought
5. What is the number one complication of diabetes? (CO3, K1)
- (a) Obesity
 - (b) Hypertension
 - (c) Cardiovascular disease
 - (d) Kidney disease
6. Which of the following is a symptom for diabetes mellitus? (CO3, K2)
- (a) Fever
 - (b) Bones panning
 - (c) Fruity breath
 - (d) Increase breathing

7. What are the symptoms of asthma? (CO4, K1)
- (a) Tightness in chest
 - (b) Exercise
 - (c) Sneezing
 - (d) Wheezing
8. Yoga is a strict discipline which requires _____. (CO4, K2)
- (a) Strength
 - (b) Flexible body
 - (c) An objective frame of mind
 - (d) Endurance
9. One of the most prominent health effects of yoga is _____. (CO5, K1)
- (a) Faster growth
 - (b) Stress reduction
 - (c) Cancer cure
 - (d) Quick action
10. Which of these is not a process of cognition? (CO5, K2)
- (a) Perception
 - (b) Memory
 - (c) Thought
 - (d) Shaping

Part B

(5 × 5 = 25)

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

11. (a) Define and explain the importance of yogic therapy. (CO1, K2)

Or

- (b) Explain the limitations of yoga as therapy. (CO1, K2)

12. (a) Explain the kinds of diseases according to Steven F. Brena injuries and diseases. (CO2, K3)

Or

- (b) Explain the four phases of stress model diseases. (CO2, K2)

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

Or

- (b) Explain the yogic therapy principles based on purification of body and mind. (CO3, K2)

14. (a) Explain the yogic therapy disorders on hypertension and heart diseases. (CO4, K2)

Or

- (b) Explain the yogic therapy disorders on asthma and diabetes mellitus. (CO4, K2)

15. (a) Explain yogic therapy in detail. (CO5, K2)

Or

- (b) Explain the type of medicine and relation of yoga and naturopathy. (CO5, K3)

Part C

(5 × 8 = 40)

Answer **all** the 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 and limitation of yoga as therapy. (CO1, K3)

17. (a) Explain the paradigm shifts in modern medicines. (CO2, K3)

Or

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

18. (a) Explain the need and importance of yogic therapy. (CO3, K2)

Or

- (b) Explain the significance of the yoga therapy in real life. (CO3, K3)

19. (a) Explain the yogic therapy for various disorders based on the studies of peptic ulcer, colitis and bronchial disease. (CO4, K2)

Or

- (b) Explain the scope and limitations of yoga treatment in specific disorders. (CO4, K3)

20. (a) Explain the meaning, importance and types of hearing impairment. (CO5, K3)

Or

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