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Reg. No.....

SECOND SEMESTER M.Sc. (HEALTH AND YOGA THERAPY) DEGREE [REGULAR/SUPPLEMENTARY] EXAMINATION, JUNE 2021

Health and Yoga Therapy

PAPER VI—YOGA THERAPY

Time : Three Hours Maximum : 75 Marks

Answer any **five** *questions of which* **three** *questions should be from Part A and* **two** *questions from Part B*

Part A

1. Physiological and therapeutic effects of Asana over Digestive System. (15 Marks)

2. Write short notes on :

   (a) Kechari Mudra.

   (b) Moorcha pranayama.

   (c) Mahabandha.

(3 × 5 = 15 marks)

3. Notes on :

   (a) Yoga for Hypertension.

   (b) Effect of Asana over cardiac output.

   (c) Bhasti Kriya and its types.

(3 × 5 = 15 marks)

4. Explain the following :

   (a) Trataka.

   (b) Uddiyana Bandha.

   (c) Menstrual Disorders.

(3 × 5 = 15 marks)

Turn over

5. Notes on :

   (a) Atherosclerosis.

   (b) Bronchial Asthma.

   (c) Yoga for antenatal care.

(3 × 5 = 15 marks)

Part B

6. Physiological and therapeutic effects of Pranayama Respiratory System. (15 marks)

7. Write short notes on :

   (a) Hyperthyroidism.

   (b) Yoga for rehabilitation.

   (c) Bandhas for geriatric complaints.

(3 × 5 = 15 marks)

8. Write very short notes on any *five* of the following :

   (a) Bhastrika Pranayama.

   (b) Suryanamaskara.

   (c) Types of Dhouti.

   (d) Neti.

   (e) Asanas of Shankaprakshalanaa.

   (f) Limitations of Kriyas.

   (g) Asana during Pregnancy.

   (h) Relaxation Techniques.

(5 × 3 = 15 marks)

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Health and Yoga Therapy

PAPER V—BASICS OF INTEGRAL APPROACH TO YOGA THERAPY

Time : Three Hours Maximum : 75 Marks

Answer any **five** *questions of which* **three** *questions should be from Part A and* **two** *questions from Part B including question number* 8 *is* **compulsory.**

Part A

1. Explain the nature, types, importance in practice Karma Yoga with reference of Bhagavadgitha.

(15 marks)

2. Explain :

   (a) Nature of Death.

   (b) Prakruthi.

   (c) Nature of Mind.

(3 × 5 = 15 marks)

3. Describe the following :

   (a) Tamasika Karma as explained in Bhagavadgitha.

   (b) Bhava's in Bhakti.

   (c) Pancha Jnanendriyas.

(3 × 5 = 15 marks)

4. Write notes on :

   (a) Tanmatras.

   (b) Characteristics of Atma.

   (c) Prarabdha Karma.

(3 × 5 = 15 marks)

Turn over

5. Answer the following :

   (a) How Purusha is different from Ishvara ?

   (b) Qualities of restricted mind.

   (c) Importance of Pratyahara in Meditation.

(3 × 5 = 15 marks)

Part B

6. Detail Bhakti Yoga. Add note of 16 fold worship. (15 marks)

7. Answer the following :

   (a) Panchamahabhoota.

   (b) Importance of Meditation.

   (c) Bliss in Yoga.

(3 × 5 = 15 marks)

8. Write short notes on any *five* from the following :

   (a) Chitta.

   (b) Concept of Body.

   (c) Sakhya Bhava.

   (d) Asana.

   (e) Yoga Nidra.

   (f) Rajasika Karma.

   (g) Seat for Meditation.

   (h) Vairagya.

(5 × 3 = 15 marks)

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Health and Yoga Therapy

PAPER IV—PHYSIOLOGY OF EXERCISE, KINESIOLOGY AND BIOMECHANICS

Time : Three Hours Maximum : 75 Marks

Answer any **five** *questions of which three questions should be from Part A and two questions from Part B including question number* 8 *is* **compulsory**.

Part A

1. Details about aerobic and anaerobic metabolism of carbohydrates during exercise for energy production.

(15 marks)

2. Explain the following :

   (a) Lung capacities.

   (b) Pulmonary circulation.

   (c) Cardiac output.

(3 × 5 = 15 marks)

3. Write short notes on :

   (a) Structure of Neuron.

   (b) Fat metabolism.

   (c) Circulatory adjustment during rest.

(3 × 5 = 15 marks)

4. Answer the following :

   (a) Sliding theory of muscular contraction.

   (b) Factors regulating cardiac output.

   (c) Respiratory pressure.

(3 × 5 = 15 marks)

Turn over

5. Write on :

   (a) Oxygen hemoglobin dissociation curve.

   (b) Classification of nerve fibres.

   (c) Acclimatization.

(3 × 5 = 15 marks)

Part B

6. List the various changes taking place during the muscular contraction. (15 marks)

7. Write short notes on :

   (a) Adenosine triphosphate.

   (b) Energy metabolism during recovery.

   (c) Work test to evaluate performance.

(3 × 5 = 15 marks)

8. Write short notes on any *five* from the following :

   (a) Forced Expiratory volume.

   (b) Bohr's Effect.

   (c) Mountain Sickness.

   (d) Heat Stroke.

   (e) Action of Hamstrings.

   (f) Functions of Hip joint.

   (g) Functions of Lactic acid.

   (h) Sarcomere.

(5 × 3 = 15 marks)