

**SECOND SEMESTER M.Sc. (HEALTH AND YOGA THERAPY) DEGREE  
[REGULAR/SUPPLEMENTARY] EXAMINATION, JUNE 2020**

**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. Define Asana. Explain the physiological and therapeutic effects of Asana over Musculo Skeletal System

(15 marks)

2. Write short notes on :

- (a) Bhastrika Pranayama.  
(b) Vipareetakarani Mudra.  
(c) Vastra Dhouti.

(3 × 5 = 15 marks)

3. Notes on :

- (a) Yoga for back pain.  
(b) Pathophysiology of Bronchial Asthma.  
(c) Shankaparakshalana.

(3 × 5 = 15 marks)

4. Explain the following :

- (a) Kapalabhati with types.  
(b) Practice of Surabedhana.  
(c) Hyperthyroidism.

(3 × 5 = 15 marks)

**Turn over**

5. Notes on :

- (a) Medical Oncology.
- (b) Geriatrics and Yoga.
- (c) Trataka for eye problems.

(3 × 5 = 15 marks)

**Part B**

6. Physiological Effects of Shat-Kriya over Digestive System.

(15 marks)

7. Write short notes on :

- (a) Yoga for PCOD.
- (b) Importance of Bandha and Mudra in Urinary Incontinence.
- (c) Types of Diabetes.

(3 × 5 = 15 marks)

8. Write very short notes on any *five* of the following (Compulsory Questions) :

- (a) Yama and Niyamas.
- (b) Importance of Nauli.
- (c) Yoga Nidra.
- (d) Three Bandhas.
- (e) What is Prana ?
- (f) Importance of Shavasana.
- (g) Asana for Diabetes Mellitus.
- (h) Ashwini Mudra.

(5 × 3 = 15 marks)

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**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 8, which is compulsory.*

**Part A**

1. Explain Pancha Kosha Theory- the basis for the integral approach for the Yoga Therapy. (15 marks)
2. Explain :
  - a) Purusha.
  - b) Concept of Disease.
  - c) Culturing of Mind. .(3 × 5 = 15 marks)
3. Describe the following :
  - a) Characteristics of Atma.
  - b) Qualities of restrained mind.
  - c) Place for meditation.(3 × 5 = 15 marks)
4. Write Notes on :
  - a) Result of Meditation.
  - b) Satkarya Vada.
  - c) Importance of Prakruthi.(3 × 5 = 15 marks)
5. Answer the following :
  - a) Criterion for progress in meditation.
  - b) Means to overcome afflictions.
  - c) Types of Bhakti.(3 × 5 = 15 marks)

**Turn over**

**Part B**

6. Define Meditation. What are the types and result of Meditation ? Why it is important in Yoga Sadhana ?

(15 marks)

7. Answer the following :

- a) Nature of Death.
- b) Qualities of a senses controlled man.
- c) Importance of Atma.

(3 × 5 = 15 marks)

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

- a) Adhija Vyadhi.
- b) Karmendriyas.
- c) Abhyasa.
- d) Pranayama.
- e) Shatkriyas.
- f) Agami Karma.
- g) Bahyakarana.
- h) Characters of Brahmajnani.

(5 × 3 = 15 marks)

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**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. Explain briefly the effects of exercise on respiratory system. (15 marks)

2. Explain the following :

- a) Systemic Circulation.
- b) Stroke Volume.
- c) Compliance.

(3 × 5 = 15 marks)

3. Write short notes on :

- a) Circulatory adjustment during rest.
- b) Properties of nerve fibres.
- c) Neurotransmitters.

(3 × 5 = 15 marks)

4. Answer the following :

- a) Action potential in cardiac muscle.
- b) Chronic symptoms of fatigue.
- c) Factors affecting force of muscular contraction.

(3 × 5 = 15 marks)

5. Write on :

- a) Stretch reflex.
- b) Contractile elements of the muscle.
- c) Neuromuscular Junction.

(3 × 5 = 15 marks)

**Turn over**

**Part B**

6. Describe the changes in the body at high altitude and explain the acclimatization. (15 marks)

7. Write a short notes on :

- a) Temperature regulation in cold climate.
- b) Anaerobic metabolism.
- c) Excitation contraction coupling.

(3 × 5 = 15 marks)

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

- a) Latent period.
- b) Muscle tone.
- c) Neuromuscular blockers.
- d) Residual Volume.
- e) Peak expiratory flow rate.
- f) Vagal tone.
- g) Heart Rate.
- h) Reflex action.

(5 × 3 = 15 marks)