

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

Health and Yoga Therapy

Paper III—HUMAN ANATOMY AND PHYSIOLOGY

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 in detail the physiology of muscle contraction with illustration. (15 marks)
2. Write short notes on :
 - a) Pulmonary function tests.
 - b) Gastric juice.
 - c) Hormones of Pituitary gland.(3 × 5 = 15 marks)
3. Explain briefly :
 - a) Regulation of body temperature.
 - b) Menstrual cycle.
 - c) Autonomic nervous system.(3 × 5 = 15 marks)
4. Draw neat diagrams of :
 - a) Eye.
 - b) Heart.
 - c) Lung.(3 × 5 = 15 marks)
5. Write the functions of :
 - a) Blood.
 - b) Skin.
 - c) Kidney.(3 × 5 = 15 marks)

Turn over

Part B

6. Explain in detail the mechanism of urine formation.

(15 marks)

7. Write short notes on :

- a) Tongue.
- b) Mechanism of breathing.
- c) Bile.

(3 × 5 = 15 marks)

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

- a) Platelets.
- b) Pregnancy.
- c) Joint.
- d) Blood Pressure.
- e) Insulin.
- f) Spermatogenesis.
- g) Immunity.
- h) Lymph.

(5 × 3 = 15 marks)

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Paper II—BASICS RELEVANT 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. Define Karaka and explain any three of the Karakas. (15 marks)
2. Write short notes on :
 - (a) What is the function of Upasargas in Sanskrit ? Give three examples.
 - (b) Panchakarma.
 - (c) Panchamahabhutas and their application in Naturopathy.(3 × 5 = 15 marks)
3. Answer the following :
 - (a) Write on the agreement of anga, linga, vibhakti etc in a sentence in Sanskrit with two examples.
 - (b) Explain different stages of inflammation as per Dr. Henry Lindlahr.
 - (c) Role of yoga in the management of vitiated doshas.(3 × 5 = 15 marks)
4. Write short notes on :
 - (a) Give a brief account of King Dileepa as narrated in the first sarga of Raghuvamsam.
 - (b) Dinacharya.
 - (c) Role of Ahara and nidra in the preservation of health.(3 × 5 = 15 marks)

5. Answer the following:

- (a) Explain the difference between 'ac' sandhi and 'hal' sandhi with ample examples.
- (b) Philosophical concept of evolution of human body.
- (c) Explain the health regimen during Varsha Ritu.

(3 × 5 = 15 marks)

Part B

6. Describe the principles of Naturopathy in detail. Add a note on history of naturopathy.

(15 marks)

7. Answer the following :

- (a) Write any *two* slokas from Mitrabheda
- (b) Mahatma Gandhi and his contribution to Indian Naturopathy
- (c) Importance of physical and mental hygiene.

(3 × 5 = 15 marks)

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

- (a) Apareekshita Karaka.
- (b) Kalidasa.
- (c) Visarga Sandhi.
- (d) Shadrasa.
- (e) Mind and soul.
- (f) Channels of elimination.
- (g) Snehana.
- (h) Constructive principles of nature.

(5 × 3 = 15 marks)

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Paper I—FOUNDATIONS OF YOGA

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. Describe the philosophy of Kleshas with types and methods to overcome them. Add a note on samyoga and viyoga of Prakruti and Purusha.

(15 marks)

2. Write short notes on :

- Niyama as per Patanjali Yoga Sutra.
- Sabija Samadhi and its types.
- Kukutasana-reference, procedure, precautions and effects.

(3 × 5 = 15 marks)

3. Answer the following :

- Elaborate on Yogic diet as per Hatha Yoga Pradipika.
- Describe any five sutras from Vibhuti pada.
- Kapalabhati-reference, types, techniques and benefits.

(3 × 5 = 15 marks)

4. Write short notes on :

- Abhyasa and Vairagya.
- Bhastrika pranayama - techniques, effects and contraindications.
- Mahamudra according to Hatha Yoga Pradipika.

(3 × 5 = 15 marks)

5. Answer the following :

- Bhujangasana- procedure, effects, indications and contra indications.
- Bhakti Yoga and its applications.
- Differentiate between Hatha yoga Pradipika and Gheranda Samhita.

(3 × 5 = 15 marks)

Turn over

Part B

6. Describe Nadisuddhi Pranayama in detail with its reference from Hatha yoga, different techniques, ratios and benefits.

(15 marks)

7. Answer the following :

- a) Kunadali and its awakening.
- b) What is Nadanusandhana ? Describe its four stages.
- c) Classify Dhouti. Describe Vastra Dhouti in detail.

(3 × 5 = 15 marks)

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

- a) Tapatrayas.
- b) Nirbija Samadhi.
- c) Pratyahara.
- d) Duration and Time for Pranayama practice.
- e) Mitahara.
- f) Manonmani.
- g) Effects and indications of Mayurasana.
- h) Lauliki and its types.

(5 × 3 = 15 marks)

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EXAMINATION, DECEMBER 2019**

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Paper III—HUMAN ANATOMY AND PHYSIOLOGY

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. Briefly explain the nervous system and also explain the functions of various parts of the nervous system.
(15 marks)
2. Give brief notes on :
 - (a) Tissue respiration.
 - (b) Circulation of blood.
 - (c) Mechanism of Digestion.(3 × 5 = 15 marks)
3. Give brief account on :
 - (a) Composition of Human blood.
 - (b) Structure and function of skin.
 - (c) Structural and functional classification of joints.(3 × 5 = 15 marks)
4. Draw neat diagram of :
 - (a) Heart.
 - (b) Knee joint.
 - (c) Ear.(3 × 5 = 15 marks)
5. Briefly explain :
 - (a) Different types of muscle contraction.
 - (b) Mechanism of vision.
 - (c) Process of Urine formation.(3 × 5 = 15 marks)

Turn over

Part B

6. Endocrine gland plays a major role in the growth and development of human body and function; discuss the statement in detail.

(15 marks)

7. Distinguish between :

- (a) Oxidative muscle fibers and glycolytic muscle fibers.
- (b) Aerobic respiration and anaerobic respiration.
- (c) Male reproductive system and female reproductive system.

(3 × 5 = 15 marks)

8. Answer any *five* from the following :

- (a) Neuromuscular transmission.
- (b) Agglutination.
- (c) Cardiac output.
- (d) Lung volume.
- (e) Brain stem.
- (f) Importance and composition of Bile.
- (g) Functions of vestibular system.
- (h) Organs involved in temperature regulation in human body.

(5 × 3 = 15 marks)

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DECEMBER 2019**

Health and Yoga Therapy

Paper II—BASICS RELEVANT 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 Karakas and describe its significance in Sanskrit with examples from Panchatantra. (15 marks)
2. Explain the following :
 - a) Explain the meaning of Lum, Lot and Lrng.
 - b) Explain Varsha Rithucharya.
 - c) Write any two slokas from Kakolukiyam.(3 × 5 = 15 marks)
3. Answer the following :
 - a) What are the functions of Vata in the body ?
 - b) Explain the concept of Orthopathy.
 - c) Explain the benefits of Abhyanga.(3 × 5 = 15 marks)
4. Write short note on the following :
 - a) Utility of snehana and swedana.
 - b) Dinacharya.
 - c) Sadvrtta.(3 × 5 = 15 marks)
5. Briefly explain :
 - a) Explain Karmani prayoga.
 - b) Explain classification of samasa.
 - c) 'Soothrasyevasthi me gathi', explain in detail.(3 × 5 = 15 marks)

Turn over

Part B

6. Discuss the similarity and dissimilarity between Naturopathy and Ayurveda in its basic concepts. (15 marks)
7. Explain the following :
- Differentiate the terms : body, mind, soul and spirit.
 - Define Vriti and explain its types.
 - Explain Panchikarana and write its importance. (3 × 5 = 15 marks)
8. Answer any *five* from the following :
- Pancha maha bhutas.
 - Define health according to Ayurveda.
 - Law of dual effects.
 - Sattvik diet.
 - Dasavidha papakarma.
 - Dhatuparinama.
 - Pumakshara.
 - Pancha kosha theory. (5 × 3 = 15 marks)

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Paper I—FOUNDATIONS OF YOGA

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. What is Ashtanga yoga ? Explain the eight limbs of yoga in detail. (15 marks)
2. Give brief notes on :
 - (a) Relationship between Hatha yoga and Raja yoga.
 - (b) Benefits and methods of performing the Gajakarani.
 - (c) What is meant by karma and karma yoga ? (3 × 5 = 15 marks)
3. Give brief account on :
 - (a) What is Chitta Vikshepa ? What are the types of Chitta Vikshepa are there in Yoga sutras.
 - (b) Definition and quality of Iswara.
 - (c) Primary preparation while practicing pranayama. (3 × 5 = 15 marks)
4. Write short note on the following :
 - (a) Physiological benefits of shatkriyas.
 - (b) Psychological effects of Mudras.
 - (c) Importance of Yogic Diet. (3 × 5 = 15 marks)
5. Briefly explain :
 - (a) Cittabhumi.
 - (b) Pancha prana.
 - (c) Five Klesas and explain the method to control Klesas. (3 × 5 = 15 marks)

Part B

6. What are the four kinds of Yoga ? Discuss the features and significance of Bhakti yoga.

(15 marks)

7. Differentiate between :

- (a) Sampranjnata Samadhi and Asamprajnata samadhi.
- (b) Antaranga yoga and Bahiranga yoga.
- (c) Jalandhara bandha and Moola bandha.

(3 × 5 = 15 marks)

8. Answer any *five* from the following :

- (a) History of yoga in the Pathanjali "yoga sutras".
- (b) What is Chitta Vikshepa ?
- (c) What is Nishkama Karma ?
- (d) Purpose of Chanting Shanty Manthras.
- (e) What is Chittavritti.
- (f) Benefits of practicing Ghatayoga.
- (g) What is Kevalakumbhaka ?
- (h) Detailing the meaning of the mantra 'Sarva Bhavathu Suhinaha.....'.

(5 × 3 = 15 marks)