

S.No. 5803

20 SACPSY 6

(For candidates admitted from 2020-2021 onwards)

B.Sc. DEGREE EXAMINATION, APRIL 2022.

Part III — Allied

PRINCIPLES OF YOGA

Time : Three hours

Maximum : 75 marks

SECTION A — (10 × 2 = 20)

Answer ALL questions.

1. What is the mind?
2. What do you mean by yoga?
3. Brief jnana yoga.
4. What is samyama?
5. Explain breathing.
6. Write a short note on life energy.
7. Describe the science of illness.
8. What do you know about the yogic diet?
9. Explain holistic health.
10. What is reiki?

SECTION B — (5 × 5 = 25)

Answer ALL questions, choosing either (a) or (b).

11. (a) Describe the origin and growth of yoga.
Or
(b) Explain theories of human existence.
12. (a) Give a note on bhakti-yoga.
Or
(b) Discuss integral yoga.
13. (a) Write a short note on health.
Or
(b) Explain methods of breathing.
14. (a) Briefly explain yoga practices for specific stress disorders.
Or
(b) Discuss the therapeutic effects of asana.
15. (a) Write about behavioural epidemiology.
Or
(b) Explain pranic healing.

SECTION C — (3 × 10 = 30)

Answer any THREE questions.

16. Summarize the eastern and western views of mind and consciousness.
17. Write an essay on Ashtanga yoga.
18. Enumerate the pranayama and its classifications.
19. Discuss the methods and benefits of Ayurveda.
20. Examine meditation methods and its benefits.