

**SRI DEVARAJ URS ACADEMY OF HIGHER EDUCATION & RESEARCH
(A DEEMED TO BE UNIVERSITY)**

**Master of Science in Yoga
First Year Semester-I, February -2020 Examination.**

Time: 2.30 Hrs.

[Max. Marks: 70]

Foundations of Yoga

Q.P CODE: M1320

Your answers should be specific to the questions asked.

Draw neat labelled diagrams wherever necessary.

Essay Type

2X10=20 Marks

1. Write about the contribution of Yoga darshana and Vedanta darshana.
2. Explain origin of yoga, definitions, etymology, classical yoga period and post classical yoga period.

Short Essay

6X5=30 Marks

3. Explain the contributions of Swami Vivekananda to yogic traditions.
4. Write a note on Yogic practices in Jainism.
5. Write a short note on Samkhya darshan shrushti utpatti.
6. Enlist the names of Vedas and Upanishadas with its brief introduction.
7. Write a short note on Purushartha chatushtaya.
8. What are the Panchkosas and explain its importance in disease management.

Short answers

2X10= 20 Marks

9. List the names of Yamas and Niyamas in order.
10. What is Pratyahara?
11. Aims and objectives of Yoga.
12. What is the difference between ekagrata and dharana.
13. What is Prasthanatrayee?
14. Misconceptions of Yoga.
15. List the names of Chakras with its petals.
16. Enumerate the names of Shad-darshanas with their authors.
17. Define Pranayama.
18. Define Asana. List the names of relaxation postures.

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Application of Patanjali Yoga Sutra and Hatha Yoga

Q.P CODE: M1330

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Draw neat labelled diagrams wherever necessary.

Essay Type

2X10=20 Marks

1. Explain Kriya Yoga According to Patanjali Yoga sutra.
2. Define Hatha yoga, misconception, factors of success and failure of hatha yoga.

Short Essay

6X5=30 Marks

3. What is meant by Vikshepa Sahbhava? Which of these are discussed in PYS?
4. What are the sequences of Hatha Yoga sadhana?
5. What is the necessity of Abhyasa & Vairagya.
6. Differentiate between : Samprajnata and asamprajnata Samadhi
7. Write classification and benefits of Shtakriyas as mentioned Ghat yoga.
8. Describe any one Kumbhaka in detail with reference.

Short answers

10X2=20 Marks

9. What are obstacles for Samadhi?
10. Why kleshas should be destroyed?
11. What are the Pramanas explained in Patanjali Yoga Sutra?
12. Mention 4 stages of Nadanusandhana.
13. Purpose of kriya yoga.
14. What is Mitahara?
15. Aim of hatha yoga.
16. State two limitations and benefits of Neti.
17. Benefits of Mudras as per Gheranda Samhita.
18. Therapeutic benefits of Udiyana Bandha.

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Human Anatomy and Physiology

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(Use separate answer booklet for Section A & B)

Section – A

(35 marks)

Human Anatomy

Q.P. Code: M1345

Long Essay

1X10=10 Marks

1. List the endocrine organs .Explain in detail about pituitary (2+8)

Short Essay

3X5=15 Marks

2. Describe the gross features of kidney
3. Name the 3 types of muscles according to structure. Add note on skeletal muscle structure(2+3)
4. Explain interior of 2nd part of duodenum

Short answers

5X2=10 Marks

5. List the parts of pancreas
6. List 4 asanas involved in flexion of elbow joint
7. List any 3 structures in the limbic system
8. Name the layers of pericardium
9. Name 3 differences between small & large intestine

Section -B

Human Physiology

(35 marks)

Q.P.code-M1346

(Use separate answer booklet for Section B)

Long Essay

10x1=10 Marks

1. Describe the composition ,formation, circulation and absorption of Cerebrospinal fluid.

Short essay

5x3=15 Marks

2. Describe the cause & correction of hypermetropia
3. Describe the functions of saliva
4. Classify the regulation of respiration

Short answer

5x2=10 Marks

5. Mention the structural and functional unit of skeletal muscle
6. List the functions of leucocytes
7. List the hormones secreted by kidneys and their functions each.
8. List the Physiological changes that occur during pregnancy.
9. List the hormones secreted by anterior pituitary.

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Research Methodology & Biostatistics

Q.P CODE: M1350

Your answers should be specific to the questions asked.

Draw neat labelled diagrams wherever necessary.

Long Essay

2 X 10 = 20 Marks

1. Classify tests of significance. Explain Student t test with examples.
2. Define 'Sampling'. Classify various methods of sampling with examples. Add a note on 'systematic random sampling'. (1+5+4)

Short Essay

5 X 6 = 30 Marks

3. Criteria of good research.
4. Differentiate between 'quantitative' and 'qualitative' research.
5. Methods of data collection
6. Confidence interval
7. Composition of Institute Ethics committee.
8. Role of Chi-square test in data analysis

Short Answers

2X10=20 Marks

9. Advantages of Line graphs
10. SMART criteria
11. Pie chart
12. What is binary coding'?
13. Cross sectional study design
14. ANOVA.
15. Randomized controlled trial
16. Classify variables
17. Explain the necessity of defining the research problem well.
18. P-Value
