

Reg. No. :

Code No. : 8228

Sub. Code : MYNT 5

M.Sc. DEGREE EXAMINATION, NOVEMBER 2013.

Second Year – Non-Semester

Yoga and Naturopathy – (DD & CE)

APPLIED YOGA IN MODERN LIFE

(For those who joined in July 2008-09 onwards)

Time : Three hours

Maximum : 100 marks

PART A — (5 × 5 = 25 marks)

Answer any FIVE questions out of Eight.

1. What is the purpose of yoga?
2. Explain the three main practices of Karma yoga.
3. Explain the role of yoga in aging.
4. What are the yoga practices for improving memory?
5. What are the problems of executive's life? How to solve it through yoga?
6. Describe the role of yoga for corporate peoples.

7. What is the side effect of using artificial stimulants?
8. Yoga helps to run the life smoothly – Explain.

PART B — (5 × 15 = 75 marks)

Answer any FIVE questions out of Eight.

9. Describe the scope and limitation of Applied yoga.
10. Who is a karma yoga? Explain and give examples.
11. Explain the role of yoga in aging.
12. Yoga as a Remedy for psychological treatment – Explain.
13. Prepare a yoga chart for releasing the mental stress of the Executives and Explain.
14. Yoga is a science of arts? Explain.
15. How yoga practices help to moderate our reactions to stress?
16. Describe the role of yoga in treating Diabetes.