

Reg. No. :

Code No. : 8229

Sub. Code : MYNT 6

M.Sc. DEGREE EXAMINATION, NOVEMBER 2013.

Second Year / Non-Semester

Yoga and Naturopathy — (DD & CE)

RESEARCH METHODS IN YOGA

(For those who joined in July 2008 onwards)

Time : Three hours

Maximum : 100 marks

PART A — (5 × 5 = 25 marks)

Answer any FIVE questions out of Eight.

1. Define Research.
2. Explain research activities in Yoga.
3. What are the difference between educational research and experimental research?
4. Whether the research should be very interested in concerned area of research? Explain.
5. What are the sources of research literature?
6. Explain three types of hypothesis.

7. Define yoga and explain the types of yoga.
8. Explain the characteristics of a goods research.

PART B — (5 × 15 = 75 marks)

Answer any FIVE questions out of Eight.

9. Describe the introduction and meaning of research.
10. What is hypothesis? Explain characteristics of a hypothesis.
11. Explain the medial benefits of yogasanas.
12. What are importance of yoga in rehabilitation??
13. To become professional in research methodology research may mean a source of livelihood – Explain.
14. Explain various areas of research.
15. Explain the importance of yoga therapy in psychological management.
16. Explain the difference between yoga and other sports exercises.