

Register Number

Name of the Candidate:

M.Sc. DEGREE EXAMINATION, May 2015

(YOGA)

(FIRST YEAR)

130/310: PRINCIPLES OF YOGA AND MENTAL HEALTH

(Common with Yoga (Direct))

Time: Three hours

Maximum: 75 marks

SECTION-A

(10×2=20)

Answer ALL questions

1. What are the different types of minds?
2. What do you mean by powers of mind?
3. What is central nerves system?
4. What is automatic nervous system?
5. List out various types of thoughts.
6. What are the different stages of mind?
7. Mention two relaxation techniques.
8. What is yoga Nidra?
9. List out the various types of meditation.
10. What are the tools for meditation?

SECTION-B

(5×5=25)

Answer any FIVE questions

11. Describe the philosophy of mind.
12. What is the relationship between mind and nervous system?
13. How to use our mind?
14. Write short notes on thought culture.
15. Describe the quick relaxation techniques.
16. What is the role of yoga Nidra and brain.
17. Write short notes on obstacles for meditation.
18. What are the advantages of meditation?

SECTION-C**(3×10=30)****Answer any THREE questions**

19. What are the function and power of conscious and subconscious mind?
20. Explain in detail the function of central nervous system and effect of yoga on the system.
21. Discuss the various techniques of thought control.
22. Explain in detail instant relaxation and deep relaxation techniques.
23. What is mediation and explain in details about various types of meditation?
