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YSS 552A

Fourth Semester M.Sc. Degree Examination, Sept./Oct. 2022

YOGIC SCIENCE

Scientific Studies in Yogic Science – II

Time : 3 Hours

Max. Marks : 70

I. Answer the following questions in one **word**/one **sentence each**. (10×1=10)

- 1) What is cyclic meditation ?
- 2) Define Myocardial Infarction.
- 3) What is Sudarshana Kriya Yoga ?
- 4) What is Back Depression Inventory ?
- 5) Define Stress.
- 6) What is Coronary Artery Disease ?
- 7) Define Schizophrenia.
- 8) Define Brady Cardia.
- 9) Define Autism Spectrum Disorder.
- 10) What is Urinary Incontinence ?

II. Write short notes on **any six** of the following : (6×5=30)

- 1) Allergic Rhinitis.
- 2) Obesity.
- 3) Parkinson Disease.
- 4) Liver function Parameters.
- 5) Guided Relaxation Technique.
- 6) Type – 2 Diabetes.
- 7) Hypertension.
- 8) Bronchial Asthma.

III. Explain **any three** of the following according to the research paper. (3×10=30)

- 1) Influence of Yoga and Ayurveda on self rated sleep in a geriatric population.
 - 2) Effect of yogic practices on breath holding during Covid-19 lock down.
 - 3) Effect of Yoga Relaxation techniques on oxygen consumption and Respiration.
 - 4) Treatment of major depression through yoga.
 - 5) Impact of Yoga on Stress and Anxiety levels in students.
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