

**Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)**  
**A Deemed to be University established under Section 3 of the UGC Act, 1956**

**Program:** PhD (Yoga)  
**Subject Name:** Fundamentals of Neuro Physiology &  
Physiology of Stress  
**Sem Period:** March, 2024 – July, 2024  
**Date:** 15.07.2024  
**Examination Mode:** Regular

**Semester:** 4<sup>th</sup> Semester

**Subject Code:** YLS PhD 23101  
**Batch:** August, 2022  
**Time:** 09.45 am to 12.45 pm  
**Max. Marks:** 100

**General Instructions:**

1. Read all the questions carefully and then start writing
2. Do not write anything on the question paper
3. Write your registration number on the rectangular space provided here

Reg No:

**Short Essay (Attempt any Six) – 10 Marks for each Question**

**06 \*10 =60 Marks**

1. Explain the Phase of Alarm in the stress adaptation Response.
2. Explain the Phase of Resistance in the Stress Adaptation Response.
3. Explain the Phase of Exhaustion in the Stress Adaptation Response.
4. Explain the effect of Epinephrine or Adrenaline in the Stress Adaptation Response.
5. Explain the immune system response to stress.
6. Explain the involvement of the Endocrine System in the Stress Adaptation Response.
7. What are the systems in the Human body which are involved in the Physiology of stress?
8. Explain the effect of Cortisol in the Human system.

**Long Essay: (Attempt any Two) – 20 Marks for each Question**

**02\* 20 =40 Marks**

9. Explain the Physiology of Stress.
10. Explain the various stages of Stress Adaptation Response.
11. Explain the involvement of the Nervous System in the Stress Adaptation Response.