

**Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)**

A Deemed to be University established under Section 3 of the UGC Act, 1956

**Program:** PhD

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

**Subject Code:** YLSPHD21102

**Date:** 29.06.2021

**Examination Mode:** Online

**Batch:** Sep, 2020

**Semester Period:** March 2021 to July 2021

**Subject Name:** Biomechanics of Yogasana

**Time:** 10.00 am to 12.00 noon

**Max. Marks:** 50

**General Instructions:**

1. Use A4 size plain sheets for writing answers.
2. Use black or blue ball point pen.
3. Write your examination Roll Number, Program Name, Subject Code, Subject Name, Date of Exam, Total No. of Pages used, on the first page of Answer Script ( ).
4. Write down all the questions on a separate paper and then start writing.
5. Specify the page number on right-hand corner of the page (down).
6. Scan the papers after writing the answers.
7. Scan answer script in pdf format and upload in google classroom, and get confirmed by the chief superintendent.

**Note: Do not write your Name, Registration No, Father's Name on any part of the answer script.**

**Short Essay: (Attempt any SIX) – 5 Marks for each Question 6 \* 5 = 30 marks**

1. Write in details about the type of motion and role of muscles in body motion
2. Differentiate between spasticity, flaccidity and rigidity
3. Classify Yogasana in various categories and give examples. Explain briefly the definitions of asana according to various yoga ancient texts
4. Explain the concepts of autogenic and reciprocal inhibition during muscle activity
5. Explain the physiology of muscle spindles and Golgi tendon organ in muscle contraction
6. Explain the physiology of neuromuscular junction with a diagram. Add a note on EMG (Electromyograph)
7. Explain the principle of Center of gravity, Line of gravity and base of support

**Long Essay: (Attempt any TWO) – 10 Marks for each Question 2 \* 10 = 20 marks**

8. Write in detail the pathology of back pain and write a yoga module as treatment with rationale
9. Write in detail about the role of asana practice in rehabilitation and fitness
10. Explain the concepts of static and dynamic practices in yoga. Add a note on isometric and isotonic contractions

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A Deemed to be University established under Section 3 of the UGC Act, 1956

**Program:** PhD

**Semester:** 5<sup>th</sup> Sem

**Subject Code:** YLSPHD21107

**Date:** 29.06.2021

**Examination Mode:** Online

**Batch:** Jan, 2019

**Semester Period:** March 2021 to July 2021

**Subject Name:** Techniques in Psychophysiology

**Time:** 10.00 am to 12.00 noon

**Max. Marks:** 50

**General Instructions:**

1. Use A4 size plain sheets for writing answers.
2. Use black or blue ball point pen.
3. Write your examination Roll Number, Program Name, Subject Code, Subject Name, Date of Exam, Total No. of Pages used, on the first page of Answer Script ( ).
4. Write down all the questions on a separate paper and then start writing.
5. Specify the page number on right-hand corner of the page (down).
6. Scan the papers after writing the answers.
7. Scan answer script in pdf format and upload in google classroom, and get confirmed by the chief superintendent.

**Note:** Do not write your Name, Registration No, Father's Name on any part of the answer script.

**Short Essay: (Attempt any SIX) – 5 Marks for each Question**

**6 \* 5 = 30 marks**

1. Mind-body interactions – Limitations in assessments
2. Stress Physiology
3. Autonomic provocation tests
4. Procedure and applications of Isometric Hand Grip test
5. Galvanic Skin resistance
6. Respiratory Sinus arrhythmia
7. Procedure and contra-indications of Head-up tilt test

**Long Essay: (Attempt any TWO) – 10 Marks for each Question**

**2 \* 10 = 20 marks**

8. Psychophysiology – an evolutionary health science
9. Techniques used to assess structural and functional changes of the Brain non-invasively
10. Detail the use of Autonomic function testing in Yoga research