

| **University of Kerala** | | |
| --- | --- | --- |
| Discipline: Psychology |  | Time: 1 Hour 30 Minutes (90 Mins.) |
| Course Code: UK1MDCPSY102 |  | Total Marks: 42 |
| Course Title: Yoga and Stress Management |  |  |
| Type of Course: MDC |  |  |
| Semester: 1 |  |  |
| Academic Level: 100-199 |  |  |
| Total Credit: 3, Theory: 3 Credit |  |  |

Part A. 6 Marks. Time: 6 Minutes Objective Type. 1 Mark Each. Answer All Questions

(Cognitive Level: Remember/Understand)

| **Qn.**  **No.** | **Question** | **Cognitive**  **Level** | **Course**  **Outcome (CO)** |
| --- | --- | --- | --- |
| 1. | Arrange the following in the correct order.   | Name of Chakra | Mental /emotional state | | --- | --- | | a) Muladhara | I) Compassion, connection, love, acceptance | | b) Manipura | II) Insight, imagination, visualization, intuition | | c) Anahata | III) Personal power, confidence, vitality, control, self-worth | | d) Ajna | IV) Security, survival, stability, grounding |   Which of the following is the correct order?  A) a-II, b-IV, c-III, d-I  B) a-I, b-III, c-IV, d-II  C) a-IV, b-III, c-I, d-II  D) a-III, b-II, c-I, d- IV | Remember | CO2 |
| 2. | \_\_\_\_\_\_\_\_\_\_ is any event or stimulus that causes an individual to experience stress.   1. Stressor 2. Anxiety 3. Depression 4. Distress | Remember | CO1 |
| 3. | Identify a very short-term type of stress that can either be positive or more distressing.  A) Episodic Acute Stress  B) Chronic Stress  C) Acute Stress  D) Eustress | Understand | CO1 |
| 4. | \_\_\_\_\_\_\_\_\_\_ are the strategies people often use in the face of stress and/or trauma to help manage painful or difficult emotions.   1. Stress management 2. Stress tolerance 3. Coping mechanism 4. Mindfulness | Understand | CO1 |
| 5. | Identify the yoga practice which has 8 limbs of yoga.   1. Hatha Yoga 2. Karma Yoga 3. Bhakti Yoga 4. Ashtanga Yoga | Understand | CO2 |
| 6. | Match the following   | Name of Trigunas | Qualities | | --- | --- | | a) Sattwa Guna | I)Active Quality | | b) Rajas Guna | II)Material Quality | | c) Thamas Guna | III)Spiritual Quality |   A) a-I, b-II, c-III  B) a-III, b-I, c- II  C) a-I, b-III, c-II  D) a-II, b-III, c-I | Understand | CO2 |

Part B. 8 Marks. Time: 24 Minutes

Short Answer. 2 Marks Each. Answer All Questions (Cognitive Level: Understand/Apply)

| **Qn.**  **No.** | **Question** | **Cognitive**  **Level** | **Course**  **Outcome (CO)** |
| --- | --- | --- | --- |
| 7. | Differentiate between Physical and Psychological symptoms of stress. | Understand | CO1 |
| 8. | Describe the importance of yoga in modern life. | Understand | CO1 |
| 9. | Illustrate 2 therapeutic aspects of yoga with examples to help an individual improve their lifestyle in order to overcome lifestyle diseases. | Apply | CO3 |
| 10. | Develop 2 strategies to overcome the common misconceptions of yoga. | Apply | CO1 |

Part C. 28 Marks. Time: 60 Minutes

Long Answer. 7 marks each. Answer all 4 Questions, choosing among options within each question.

(Cognitive Level: Apply/Analyse/Evaluate/Create)

| **Qn.**  **No.** | **Question** | **Cognitive**  **Level** | **Course**  **Outcome (CO)** |
| --- | --- | --- | --- |
| 11 | 1. Develop a strategy for an individual to cope with stress using coping mechanisms.   OR   1. Explain the 8 limbs of yoga and explain how it helps someone adapt to a better living. | Apply | CO1 |
| 12 | 1. Analyze the four approaches of yoga.   OR   1. Compare Happiness, Mindfulness, and Zen. | Analyze | CO4, CO2 |
| 13. | 1. Describe Chakras and their significance.   OR   1. Explain Five koshas and their importance Explain Five koshas and their importance. | Evaluate | CO2 |
| 14. | 1. Analyze the expected outcome of yoga as a desensitization and cognitive restructuring tool in stress management.   OR   1. Explain different therapeutic approaches for improving mental health through spiritual texts. | Evaluate | CO3 , CO4 |



| **Course**  **Outcomes** | **Marks** | **Percentage** |
| --- | --- | --- |
| CO1 | 2 | 4.76 |
| CO2 | 8 | 19.04 |
| CO3 | 14 | 33.33 |
| CO4 | 7 | 16.66 |
| CO5 | 11 | 26.19 |
| **TOTAL** | **42** | **100** |

| **Cognitive**  **Level** | **Marks** | **Percentage** |
| --- | --- | --- |
| Remember | 2 | 4.8 |
| Understand | 8 | 19.0 |
| Apply | 11 | 26.2 |
| Analyse | 14 | 16.7 |
| Evaluate | 7 | 16.7 |
| **TOTAL** | **42** | **100** |