



# Avinashilingam Institute for Home Science and Higher Education for Women

Deemed to be University Estd. u/s 3 of UGC Act 1956, Category 'A' by MHRD (now MoE)

Re-accredited with an 'A++' Grade by NAAC CGPA 3.65/4, Category I by UGC

Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment I – August 2025

V Semester

**Class: IIIUG**  
**Branch: Psychology**

**Time: 2 Hours**  
**Max. Marks: 60**

## 23BPSDE2 Psychology of Health and Yoga

### Course Outcomes:

CO1. Demonstrating knowledge of health psychology.

CO2. Demonstrating adequate knowledge about issues related to stress, stress management and coping.

CO3. Developing adequate knowledge about the promotion of healthy behaviour

CO4. Appreciating the value of practicing Yoga in daily life through research evidence and in-depth understanding of the promotion of health benefits of Yoga.

### Part A

6 x 1 =6

### Choose the Correct Answer

1. The biomedical model of health primarily focuses on:  
A. Mind-body interaction and psychosocial well-being  
B. Physical symptoms and biological causes of disease  
C. Preventive care and lifestyle changes  
D. Patient's emotional and spiritual beliefs  
CO1 K1
2. The emergence of Health Psychology as a distinct field was influenced by the recognition that:  
A. Health is solely determined by pathogens and genetics  
B. Chronic illnesses required understanding beyond purely medical interventions  
C. Hospitals needed more administrative staff  
D. Medication alone was sufficient for treating mental health disorders  
CO1 K2
3. In traditional Indian medicine such as Ayurveda, health is defined as a balance between:  
A. Body, work, and social status  
B. Physical strength and modern lifestyle  
C. Doshas (Vata, Pitta, Kapha) and harmony with nature  
D. Science and technology  
CO1 K1
4. According to Selye's General Adaptation Syndrome, the three stages of stress response are:  
A. Alarm, Resistance, and Exhaustion  
B. Anxiety, Coping, and Recovery  
C. Frustration, Anger, and Depression  
D. Conflict, Avoidance, and Acceptance  
CO2 K1
5. Lazarus' Cognitive Appraisal Model of stress emphasizes that:  
A. Stress is a physiological response to threat  
B. Stress occurs only in extreme situations  
C. The individual's perception and evaluation of an event determines their stress response  
D. Stress can be measured through heart rate and hormones only  
CO2 K1
6. Biofeedback as a stress management technique helps individuals:  
A. Ignore their body's responses  
B. Control physiological functions by gaining awareness through feedback  
C. Increase muscle tension to boost energy  
D. Suppress emotions to avoid stress  
CO2 K1

**Part B**

**3 x 6 = 18**

**Answer ALL questions**

**Each answer should not exceed 400 words or two pages**

- 7.a. Explore the scope of health psychology CO1 K2  
(Or)
- 7.b. Discuss the application of biopsychosocial model of health. CO1 K2
- 8.a. Analyze the significance of traditional approaches to health and well-being CO1 K1  
(Or)
- 8.b. Explain the Selye's General Adaptation syndrome CO2K2
- 9.a. Outline the types of stressors CO2K3  
(Or)
- 9.b. Discuss the Cannon's Fight-or-Flight Theory, CO2 K3

**Part C**

**3 x 12 = 36**

**Answer ALL questions**

**Each answer should not exceed 800 words or four pages**

- 10.a. Elucidate on the principles of AYUSH. CO1 K3  
(Or)
- 10.b. Explicate the need for health models in psychology. CO1 K3
- 11.a. Critically analyze the causes of psychological stress. CO1 K2  
(Or)
- 11.b. Explain the biology of stress. CO2 K3
- 12.a. Understand the origin and benefits of suryanamaskar. CO2 K4  
(Or)
- 12.b. Explore the types and holistic advantages of Thoppukaranam. CO2 K4
- .....