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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 A++ Grade by NAAC. CGPA 3.65/4, Category I by UGC
Coimbatore - 641 043, Tamil Nadu, India

Bachelor's Degree Examination – November 2025
V Semester

Class : III UG
Major : Psychology

Time: 3 Hours
Max. Marks: 100

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 behavior
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

10 x 1 = 10

Choose the correct answer

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|---|---|--------|
| 1. Humoral theory of illness was given by
a. Broca
c. Socrates | b. Hippocrates
d. Wernike | CO1 K1 |
| 2. Coffee Cruda is an example of
a. Siddha
c. Ayurveda | b. Unani
d. Homeopathy | CO1 K2 |
| 3. General Adaptation Syndrome was given by
a. Richard
c. Hans Seyle | b. Taylor
d. Walter | CO2 K2 |
| 4. Epinephrine is secreted in
a. Adrenal cortex
c. Hypothalamus | b. Pituitary Gland
d. Adrenal Medulla | CO2 K3 |
| 5. Identify which of the following involves attempts to something constructive about stressful conditions.
a. Problem focused coping
c. Proactive coping | b. Emotion focused coping
d. Adaptive coping | CO2 K1 |
| 6. The central idea of Self Determination Theory is
a. External rewards drive motivation
b. Personality traits determine behavior
c. Intrinsic motivation is key to human growth
d. Environmental factors solely influence motivation | | CO3 K1 |
| 7. The ultimate goal of maintenance stage in Transtheoretical model of behavioral change
a. To achieve short term behavioral change
b. To prevent relapse and sustain long term change
c. To assess readiness for change
d. To develop a treatment plan | | CO3 K1 |
| 8. An individual determinant of health behavior is
a. Social support
c. Self efficacy | b. Cultural Norms
d. Health care services | CO3 K1 |
| 9. The yoga practice can help improve flexibility and balance reducing the risk of falls
a. Meditation
c. Pranayama | b. Asanas
d. Yoga Nitra | CO3 K1 |
| 10. Yoga interventions for diabetes management often focus on
a. Reducing stress and improving insulin sensitivity
b. Increasing insulin resistance
c. Promoting high impact exercises
d. Encouraging sedentary lifestyles | | CO3 K1 |

Part B
Answer ALL questions
Each answer should not exceed 400 words or two pages

5 x 6 = 30

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| 11.a. Delineate the roles of health psychologists. | CO1 K2 |
| (or) | |
| 11.b. Write a short note humoral theory of illness. | CO1 K3 |
| 12.a. Write a brief note on the sympathetic activation of stress. | CO2 K3 |
| (or) | |
| 12.b. Describe the process of biofeedback. | CO2 K2 |
| 13.a. Interpret any two determinants of health behaviors. | CO3 K3 |
| (or) | |
| 13.b. State the uses of mass media for health promotion. | CO3 K4 |
| 14.a. Summarize the holistic benefits of any two asanas which focus on physical balances. | CO4 K3 |
| (or) | |
| 14.b. Identify the benefits of healthy sleep-wake cycle. | CO4 K5 |
| 15.a. Recognize the applications of Bio Psychosocial model of Health. | CO1 K3 |
| (or) | |
| 15.b. Sketch your own adaptive health behavior pattern for sustained well-being. | CO3 K5 |

Part C
Answer ALL questions
Each answer should not exceed 800 words or four pages

5 x 12 = 60

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| 16.a. Discuss the emergence and development of Health Psychology. | CO1 K3 |
| (or) | |
| 16.b. Examine the principles of AYUSH. | CO1 K4 |
| 17.a. Explain any three theories of stress with suitable examples. | CO2K3 |
| (or) | |
| 17.b. Write in detail about the stress coping strategies. | CO2 K3 |
| 18.a. Explicate the theories of health behaviors. | CO3 K4 |
| (or) | |
| 18.b. Elucidate the model of Behavior change with an example. | CO3 K3 |
| 19.a. Explicate the types, advantages and steps involves in yogic breathing. | CO4 K4 |
| (or) | |
| 19.b. Discuss the significance of Surya namaskar. | CO4 K3 |
| 20.a. Explain the types and causes of physiological stresses. | CO2 K3 |
| (or) | |
| 20.b. Explain in detail the best yoga practices for menstrual wellness. | CO4 K4 |
