



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 Test II - October - 2025

V SEMESTER

Class : III UG

Major: Psychology

Time: 2 hours

Maximum Marks: 60

23BPSDE2 and Psychology of Health and Yoga

Course Outcomes:

1. Demonstrating knowledge of health psychology.
2. Demonstrating adequate knowledge about issues related to stress, stress management and coping.
3. Developing adequate knowledge about the promotion of healthy behavior.
4. 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

6x1=6

Choose the correct answer

1. The primary focus of the Trans-theoretical model is CO3K1
 - a. Identifying risk factors for disease
 - b. Developing pharmacological interventions
 - c. Promoting healthy lifestyle habits
 - d. Understanding the process of behavioral change
2. An environmental determinant of health behavior is CO3K1
 - a. Knowledge about healthy behaviors
 - b. Attitudes of healthy food options
 - c. Availability of healthy food options
 - d. Self-motivation
3. The health belief model was given by CO3K1
 - a. Fishbein
 - b. Hochbaum
 - c. Prochaska
 - d. Madden
4. Yoga that manages stress and anxiety helps in CO4K1
 - a. Improved sleep quality
 - b. Reduced blood pressure
 - c. Increased cortisol level
 - d. Enhanced muscle tension
5. The common benefit of yoga for individuals with life style disorders is CO4K1
 - a. Enhanced stress level
 - b. Dependency on medication
 - c. Reduced physical activity
 - d. Improved overall well-being & quality of life
6. The yoga practice that involves controlling the breath is CO4K1
 - a. Pranayama
 - b. Aasana
 - c. Nitra
 - d. Meditation

Part- B 3x6=18

Answer ALL Questions

Each answer should not exceed 400 words or two pages

7. a. State the determinants of health behaviors. CO3K2
(or)
7. b. Describe self-determination theory. CO3K2
8. a. Interpret health belief model CO3K3
(or)
8. b. Recognize the research evidence supporting the practice of yoga for healthy lifestyle. CO4K3
9. a. Describe how yoga can be used as a tool for stress management. CO4K2
(or)
9. b. Identify the importance of yoga intervention in mental well-being. CO4K3

Part-C

3x12=36

Answer ALL questions

Each answer should not exceed 800 words or four pages

10. a. Elucidate Cognitive behavioral approaches for promoting healthy behaviors. CO3K3
(or)
10. b. Explain trans- theoretical model with suitable example. CO3K4
11. a. Discuss the usage of mass media for health promotion. CO3K3
(or)
11. b. Explain the physiological mechanism through which yoga promotes health. CO4K5
12. a. Explicate any two basic yoga intervention for life style disorders. CO4K4
(or)
12. Discuss any two physical exercises with benefits. CO4K4
