

**Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)**  
**A Deemed to be University established under Section 3 of the UGC Act, 1956**

**Program:** BNYS(OB)

**Year:** 4<sup>th</sup> Year

**Subject:** Clinical Naturopathy

**Subject Code:** BNYS 407 T1

**Year Period:** Aug, 2020 to July, 2021

**Batch:** Aug, 2016 & Aug, 2015

**Date:** 07. 07. 2021

**Time:** 02.30 pm to 04.30 pm

**Examination Mode:** Online

**Max. Marks:** 40

**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 Notes (Attempt any five)**

**2 marks x 5 = 10Marks**

1. Benefits of turmeric.
2. Anti-inflammatory diet.
3. Hydrotherapy for Insomnia
4. Acupuncture points for migraine headache
5. Panchtantras for healthy lifestyle
6. Management of Vitamin -D deficiency.

**Short Essay (Attempt any four)**

**5 marks x 4 = 20Marks**

7. Give the naturopathic management for fatty liver
8. Explain pain management through acupuncture with theories.
9. Naturopathic pathophysiology for obesity and management through diet.
10. Explain in detail about immune enhancement through naturopathic therapies and diet.
11. Explain briefly about PCOS and its management through yoga and naturopathy.

**Long Essay (Attempt any one)**

**10 marks x 1 = 10Marks**

12. Explain the etiology and types of diabetes and plan out ten days management protocol for type-2 diabetes.
13. Explain in detail about APD. Give the management for gastritis through naturopathy.

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**Program:** BNYS(OB)

**Subject:** Fasting Therapy & Dietetics

**Year Period:** Aug, 2020 to July, 2021

**Date:** 23. 06. 2021

**Examination Mode:** Online

**Year:** 4<sup>th</sup> Year

**Subject Code:** BNYS 401 T1

**Batch:** Aug, 2016 & Aug, 2015

**Time:** 02.30 pm to 04.30 pm

**Max. Marks:** 40

**General Instructions:**

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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).
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7. Scan answer script in pdf format and upload in google classroom, and get confirmed by the chief superintendent.

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**Short Notes (Attempt any five)**

**2 marks x 5 = 10Marks**

1. How to break the fast
2. Contraindication of fasting
3. Vital data during fasting
4. Therapeutic aspects of home
5. Constructive diet
6. Food combination



**Short Essay (Attempt any four)**

**5 marks x 4 = 20 Marks**

7. Fasting in chronic disease
8. Fasting is a supreme remedy" explain
9. How body gets nutrition during fasting? Metabolic changes in fasting?
10. Diet for anaemia
11. Sprouts and its benefits

**Long Essay (Attempt any one)**

**10 marks x 1 = 10 Marks**

12. Dietary management for Obesity & Gout
13. Loss and gain of weight during and after fasting

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**Program:** BNYS(OB)

**Subject:** First Aid & Emergency Medicine

**Year Period:** Aug, 2020 to July, 2021

**Date:** 05. 07. 2021

**Examination Mode:** Online

**Year:** 4<sup>th</sup> Year

**Subject Code:** BNYS 406 T1

**Batch:** Aug, 2016 & Aug, 2015

**Time:** 02.30 pm to 04.30 pm

**Max. Marks:** 40

**General Instructions:**

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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.

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**Short Notes (Attempt any five)**

**2 marks x 5 = 10Marks**

1. Wallace rule of Nine's in children
2. Endotracheal intubation
3. Sylvester method
4. First aid for hypovolemic shock
5. Amputation
6. Scoop Stretcher



**Short Essay (Attempt any four)**

**5 marks x 4 = 20Marks**

7. Write a short note on TIA
8. Management of 40% burns
9. Explain in detail about the Angina pectoris
10. List out the golden rules of First Aid
11. Write a note on Glasgow Coma Scale

**Long Essay (Attempt any one)**

**10 marks x 1 = 10Marks**

12. Write in detail about the causes, clinical features and management of acute diarrhoea.
13. Write in detail about the algorithm of Advanced Cardiac Life Support (ACLS).

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**Program:** BNYS(OB)

**Subject:** Hydrotherapy & Mud Therapy

**Year Period:** Aug, 2020 to July, 2021

**Date:** 01. 07. 2021

**Examination Mode:** Online

**Year:** 4<sup>th</sup> Year

**Subject Code:** BNYS 404 T1

**Batch:** Aug, 2016 & Aug, 2015

**Time:** 02.30 pm to 04.30 pm

**Max. Marks:** 40

**General Instructions:**

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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.

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**Short Notes (Attempt any five)**

**2 marks x 5 = 10Marks**

1. Kidney pack
2. Psudorific effect
3. Contra indications of steam bath
4. Sleep and Water
5. Define Hydrotherapy
6. Dehydration



**Short Essay (Attempt any four)**

**5 marks x 4 = 20 Marks**

7. Effect of cold and hot upon Absorption
8. Mud bath
9. Differences between Steam bath and Sauna bath
10. Hydrotherapy rationale for Acne
11. Indian history of Hydrotherapy

**Long Essay (Attempt any one)**

**10 marks x 1 = 10 Marks**

12. Classify hydriatic effects. Mention in detail about Secondary effects.
13. Structure of skin. Its functions. Role of water upon skin.

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**Program:** BNYS(OB)

**Subject:** Obstetrics & Gynecology

**Year Period:** Aug, 2020 to July, 2021

**Date:** 25. 06. 2021

**Examination Mode:** Online

**Year:** 4<sup>th</sup> Year

**Subject Code:** BNYS 402 T1

**Batch:** Aug, 2016 & Aug, 2015

**Time:** 02.30 pm to 04.30 pm

**Max. Marks:** 40

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7. Scan answer script in pdf format and upload in google classroom, and get confirmed by the chief superintendent.

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**Short Notes (Attempt any five)**

**2 marks x 5 = 10Marks**

1. Types of episiotomy
2. Forceps delivery
3. APGAR score
4. Define maternal mortality rate
5. Chadwick's sign
6. Menopause



**Short Essay (Attempt any four)**

**5 marks x 4 = 20Marks**

7. HIV infection in pregnancy
8. Importance of antenatal care
9. Functions of placenta
10. Uterine prolapse
11. Caesarean section

**Long Essay (Attempt any one)**

**10 marks x 1 = 10Marks**

12. Define post-partum hemorrhage. Write its causes, signs and management.
13. a) Define normal labour.  
b) List down the signs and symptoms of onset of labour.  
c) Explain the management of 2<sup>nd</sup> stage labour.

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**Program:** BNYS(OB)

**Year:** 4<sup>th</sup> Year

**Subject:** Physical Medicine & Rehabilitation

**Subject Code:** BNYS 405 T1

**Year Period:** Aug, 2020 to July, 2021

**Batch:** Aug, 2016 & Aug, 2015

**Date:** 03. 07. 2021

**Time:** 02.30 pm to 04.30 pm

**Examination Mode:** Online

**Max. Marks:** 40

**General Instructions:**

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**Short Notes (Attempt any five)**

**2 marks x 5 = 10Marks**

1. Define valve rectifiers.
2. Contrast bath
3. Dangers of cryotherapy.
4. Coupling media
5. Motor point of foot muscles
6. Types of electrodes



**Short Essay (Attempt any four)**

**5 marks x 4 = 20Marks**

7. Define fundamental position. Explain any one in detail
8. Explain the types of nerve injuries
9. Normal human gait cycle
10. Write the properties of LASER
11. Types of pulleys and its uses

**Long Essay (Attempt any one)**

**10 marks x 1 = 10Marks**

12. Define passive movements. Explain the principles and indications of passive movements
13. Explain in detail about physiological and therapeutic effects of high frequency currents

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**Program:** BNYS(OB)

**Year:** 4<sup>th</sup> Year

**Subject:** Yoga Therapy

**Subject Code:** BNYS 403 T1

**Year Period:** Aug, 2020 to July, 2021

**Batch:** Aug, 2016 & Aug, 2015

**Date:** 29. 06. 2021

**Time:** 02.30 pm to 04.30 pm

**Examination Mode:** Online

**Max. Marks:** 40

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**Short Notes (Attempt any five)**

**2 marks x 5 = 10Marks**

1. List the Indicated practices for hyperthyroidism
2. Indications of matsyasana.
3. Name Contraindicated practices for Gastric ulcers
4. Importance of right nostril breathing
5. Yoga therapy for stress incontinence
6. Contra-indicated practices for Epilepsy

**Short Essay (Attempt any four)**

**5 marks x 4 = 20Marks**

7. Role of Neti in treating various diseases
8. Transcendental Meditation
9. Justify relaxation method in Bronchial Asthma
10. Management of stress through yoga
11. Pancha Kosha theory

**Long Essay (Attempt any one)**

**10 marks x 1 = 10Marks**

12. Explain in detail the role of yoga therapy in management of safe pregnancy.
13. Explain in detail about the Relaxation and its techniques.