

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)

A Deemed to be University established under Section 3 of the UGC Act, 1956

Program: MD (Yoga)

Subject: Complementary & Integrative Medicine

Sem Period: Aug, 2021 – Dec, 2021

Date: 07. Dec, 2021

Examination Mode: Regular

Semester: 3rd Semester

Subject Code: MDYT - 302

Batch: Sep, 2020

Time: 09.30 am to 12.30 pm

Max. Marks: 100

General Instructions:

1. Read all the questions carefully and then start writing
2. Do not write anything on the question paper
3. Write your registration number on the rectangular space provided here

Reg No:

Short Notes (Attempt any Ten) – 2 Marks for each Question 10 *2 =20 Marks

1. Differentiate Integrative Medicine Vs Alternative Medicine
2. Diagnostic Criteria for PCOS
3. Healthy weight gain during Pregnancy
4. Classify BMI
5. Thrust
6. Factors influencing Bronchial Asthma
7. Lifestyle modifications for Migraine
8. Unity of Disease and Unity of cure
9. Tridosha Theory according to Ayurveda
10. Define health according to Ayurveda
11. Quality of Life

Short Essay: (Attempt any Eight) – 5 Marks for each Question 8* 5 = 40 Marks

12. Classify CAM Therapies
13. GERD. How do you manage it through CAM?
14. Elaborate common problem a pregnant female undergoes each trimester.
How do you manage it with CAM?
15. Osteoarthritis. A brief note on management through CAM
16. A note on Physiological effects of Manipulative therapies
17. Chiropractic
18. Ten Principles of Naturopathy

19. Concept of Dinacharya and ritucharya according to Ayurveda
20. Importance of Vitamin D for maintaining good health

Long Essay: (Attempt any Four) – 10 Marks, for each Question 4* 10 =40 Marks

21. Need and scope of Yoga in CAM
22. Explain in detail about use of CAM therapies in managing Post COVID patients
23. Prenatal care and yoga
24. Type 2 Diabetes Mellitus. Its management through CAM
25. Importance of Integrative Medicine in this era.



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Program: MD (Yoga)

Subject: Information, Communication and Technology
in Medicine

Semester Period: Aug 2021 – Dec 2021

Date: 11th Dec. 2021

Examination Mode: Regular

Semester: 3rd Sem

Subject Code: MDYT-305

Batch: Sep, 2020

Time: 09.30 am to 12.30 pm

Total Marks: 100

General Instructions:

1. Read all the questions carefully and then start writing
2. Do not write anything on the question paper
3. Write your registration number on the rectangular space provided here

Reg No:

Short Notes (Attempt any Ten) – 2 Marks for each Question 10 * 2 = 20 Marks

1. Write block diagram of computer.
2. What are basic office tools used in day-to-day life? How has it helped in documentation?
3. What is a Smart Classroom? Why it is necessary?
4. Differentiate between software and hardware. Give Examples
5. Mention any two limitations of first-generation computers.
6. Which are the communication technologies employ asynchronous communication?
7. Provide names of the apps/software used for statistical analysis
8. What is Bioinformatics?
9. Define Telemedicine.
10. Mention e-learning tools which are used in teaching Yoga.
11. Expand ROM, RAM, EHR, CPOE

Short Essay: (Attempt any Eight) – 5 Marks for each Question 8 * 5 = 40 Marks

12. Explain the role of computer simulation in medical education.
13. What is a memory any why is it needed? Explain briefly its types.
14. What is Virtual and Augmented reality? Explain.

15. What is PHR and its benefit? Mention the differences between PHR and EHR.
16. Define Sampling. Differentiate between Analog Computers and Digital Computers.
17. Describe the basic network topologies, their advantages and disadvantages.
18. What is data privacy? What are different ways of maintaining data privacy?
19. Explain Healthcare delivery system with examples.
20. Name at least 10 computer applications which are commonly used for medical research purpose with their significance in research

Long Essay: (Attempt any Four) – 10 Marks for each Question 4* 10 =40 Marks

21. Explain telemedicine and means to deliver healthcare across time and space.
22. Briefly explain role of bioinformatics in healthcare applications.
23. Explain briefly the generations and evolution of computers. Mention its advantages and disadvantages of computers.
24. Briefly explain computer networks, advantages, disadvantages and their types with an example for each.
25. Explain Chronic Disease Management Systems including Disease Registries and healthcare data analytics.

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

Program: MD (Y)
Subject: Nutrition & Dietetics
Sem Period: Aug, 2021 – Dec, 2021
Date: 09. Dec, 2021
Examination Mode: Regular

Semester: 3rd Sem
Subject Code: MDYT-304
Batch: Sep, 2020
Time: 09.30 am to 12.30 pm
Max. Marks: 100

General Instructions:

1. Read all the questions carefully and then start writing
2. Do not write anything on the question paper
3. Write your registration number on the rectangular space provided here

Reg No:

Short Notes (Attempt any Ten) – 2 Marks for each Question 10 *2 =20 Marks

1. What is food?
2. What is RDA?
3. Give the importance of nutrition in the body.
4. What are the richest sources of Vitamin A?
5. What is colostrum? Give any two significances for the same.
6. Mention any two advantages of nutritional assessments.
7. Explain the dietary rule for respiratory disorders.
8. What are the foods which an arthritis patient should consume?
9. Write any two effects of nutrient and nutrient interaction.
10. Mention the types of milk according to Ayurveda.
11. Mention any two recent developments in the field of nutrition.

Short Essay: (Attempt any Eight) – 5 Marks for each Question 8* 5 = 40 Marks

12. What are food groups and how are they classified?
13. Write about PEM.
14. What is weaning? What are the points to be considered during weaning process?

15. What are the modifications to be done in the diet during old age?
16. Explain the concept of food in Ayurveda.
17. What are the etiologies of obesity?
18. What are the factors which affect the volume and composition of breast milk?
19. *Explain in detail about food additives.*
What are the modifications to be done in the diet during old age?
20. Write about the general dietary guidelines and the risk factors for CVD.

Long Essay: (Attempt any Four) – 10 Marks for each Question 4* 10 =40 Marks

21. Define the different types of cooking based on Ayurveda along with its advantages and disadvantages.
22. What are the nutritional requirements of an expectant mother and the dietary guidelines to be followed?
23. Explain the nutritional assessments for an infant.
24. Explain the dietary changes which you have to adopt for obesity, DM and HTN.
25. What are the yogic concepts of food?

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)

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Program: MD (Y)

Subject: Srimad Bhagavad Gita

Sem Period: Aug, 2021 – Dec, 2021

Date: 14th Dec, 2021

Examination Mode: Regular

Semester: 3rd Sem

Subject Code: MDYT-306

Batch: Sep, 2020

Time: 09.30 am to 12.30 pm

Max. Marks: 100

General Instructions:

1. Read all the questions carefully and then start writing
2. Do not write anything on the question paper
3. Write your registration number on the rectangular space provided here

Reg No:

Short Notes (Attempt any Ten) – 2 Marks for each Question 10 *2 =20 Marks

1. Mention names of shankha of Arjuna & Bhima
2. Mention two important contributions of Mahabharata
3. Who are the two conversing off the war field?
4. Write the etymology of Mahabharata
5. Name the mothers of Pandavas
6. Mention the human values represented by Arjuna.
7. Name the 15th chapter of BG
8. Name the Parva & chapter number of BG in MB
9. Gita mahatmya has how many shlokas?
10. BG begins with question by whom?
11. Who laments first in the beginning of first chapter?

Short Essay: (Attempt any Eight) – 5 Marks for each Question 8* 5 = 40 Marks

12. Explain Rishi, Chandas & devata of BG
13. Anganyasa & Karanyasa of BG
14. Gita Mahatmya in detail
15. Explain dhyana shlokas in short.
16. Explain how arjuna laments in front of Drona & Bhishma.
17. Explain the conches in the order how it was blown.
18. Explain the reaction of Arjuna being in front of Drona & Bhishma
19. Explain the qualities of Atman
20. Explain the shloka.. "cAturvarNyaM mayA sRushTam....."

Long Essay: (Attempt any Four) – 10 Marks for each Question 4* 10 =40 Marks

21. Discuss the significance of MB & its two contributions in detail
22. Discuss human values of characters in MB in detail
23. "Numerology & Psychology are the two wings of the bird philosophy"
Substantiate.
24. Explain the concept "sthitha prajna" in detail
25. Explain the sequence of how a person perishes with attachments...by the
shloka "dhyAyatO viShayAn puMsaH....."

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

Program: MD (Yoga)
Subject: Yoga Medicine III
Sem Period: Aug, 2021 – Dec, 2021
Date: 04. Dec, 2021
Examination Mode: Regular

Semester: 3rd Sem
Subject Code: MDYT-301
Batch: Sep, 2020
Time: 09.30 am to 12.30 pm
Max. Marks: 100

General Instructions:

1. Read all the questions carefully and then start writing
2. Do not write anything on the question paper
3. Write your registration number on the rectangular space provided here

Reg No:

Short Notes (Attempt All) – 2 Marks for each Question

10 *2 =20 Marks

1. Mention any four musculo-skeletal pains caused due to Adhija vyadhi.
2. Gastro- Colic Reflux
3. Manomaya Kosha practices for digestive disorders
4. Functions of Udana
5. Classification of diseases according to yoga
6. Risk factors for OA.
7. Causes of acid peptic disease.
8. Functions of Apana
9. Autoimmunity
10. Functional Bowel Disorder

Short Essay: (Attempt any Eight) – 5 Marks for each Question

8* 5 = 40 Marks

11. a) A 72-year-old male patient presents with worsening pain in his left wrist with activity, and he notices a crunching sensation when he flexes his knee. His clinical examination reveals mild tenderness at the wrist joint. His synovial fluid aspirated from the knee joint reveals clear fluid with a white cell count of 800/cu mm. Mention the most specific radiographic marker of this disease.
- b) What is the first-line treatment plan for osteoarthritis?

- c) Mention any 6 Shakti Vikasakas.
- d) Arthritis due to Anadhija causes.
- e) Functions of Synovial Joint

12. Yoga and Inflammation

13. Can yoga be used to treat gastroesophageal reflux disease? Explain.

14. Mention the diagnostic criteria for Rheumatoid Arthritis according to the 2010 American College of Rheumatology and the European League Against Rheumatism (ACR/EULAR).

15. How do emotions increase Gastritis?

16. Can yoga reverse OA changes? Justify the statement with valid evidence based discussions.

17. Increasing evidence has associated gut microbiota to both gastrointestinal and extragastrointestinal diseases. Justify.

18. Explain in detail about panchapranas. How do you explain that imbalances in these 5 forces result up in digestive ailments?

19. What is bowel motility? How is it controlled?

Long Essay: (Attempt any Four) – 10 Marks for each Question

4* 10 =40 Marks

20. A 70-year-old woman presents with B/L knee pain that has been slowly worsening over the last 18 months. She complains of severe pain, particularly after walking or gardening. Her medication includes regular paracetamol for her knee pain. On Examination, the patient is obese with BMI of 32 Kg/m² and swollen, mildly erythematous knees. On active movement of both the knees, crepitus is heard. Lab results show WBC, CRP, and ESR all within normal range, and currently rheumatoid factor is negative. X-rays demonstrate joint space narrowing bilaterally with several osteophytes. Briefly mention about the disease. How do you consider yoga to be a most important intervention to prevent the progression in this patient's condition?

21. Mind- CNS- Immunity

22. Summarize the scientific evidence on the physiological and therapeutic effects of the Shatkarmas on digestive disorders.

23. A 40-year-old woman presents to the clinic with B/L MCP and PIP joint involvement. Physical examination shows rheumatoid nodules present on both elbows and a pericardial rub. Further evaluation reveals elevated erythrocyte sedimentation rate, elevated C-reactive protein, high RF titre, and high anti-CCP antibody level. The clinical disease activity index (CDAI) reveals high disease activity. Explain the disease in detail with the best management through yoga with rationale.

24. A 36-year-old woman comes to the office due to nonbloody diarrhoea and intermittent abdominal pain for the past two months. She describes the pain as crampy and located in the mid-abdomen. She believes some particular diet items exacerbate symptoms. Abdominal examination shows mild tenderness in the right lower quadrant without rebound or rigidity. Her Hb is 10.4g/dl, Leukocytes 15,600/mm³, Platelets 4,90,000/mm³, ESR is 68mm/hr. Explain the condition in detail with yogic management.