

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

Program: BNYS

Subject Name: Clinical Naturopathy

Year Period: August, 2022 to July, 2023

Date: 17.06.2023

Examination Mode: Regular/Supplementary

Year: 4th Year

Subject Code: BNYS 407 T1

Batch: Aug, 2018 & Aug, 2017

Time: 02.00 pm to 05.00 pm

Max. Marks: 80

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:

Multiple Choice Questions (Attempt All) – 1 Mark for each Question 10 *01 =10 Marks

1. Which mediator is released in fever conditions?
 - a. PGF2
 - b. PGI2
 - c. PGE2
 - d. Thromboxane A2
2. Which massage movement needs to be avoided in the area of varicose veins?
 - a. Stroking
 - b. Friction
 - c. Spatting
 - d. Joint movements
3. Neiting acupuncture point is
 - a. St44
 - b. CV11
 - c. TW11
 - d. St 40
4. These are treatment for Otagia except
 - a. Acupuncture
 - b. Allium sativum
 - c. Hot fomentation behind the ear
 - d. Rose oil application
5. Caffein is an antagonist of
 - a. Melatonin
 - b. Adrenalin
 - c. Cortisol
 - d. Prostaglandin
6. Property of Arnica Montana
 - a. Analgesic
 - b. Anti-inflammatory
 - c. Anticoagulant
 - d. Antipyretic
7. Epsom salt is
 - a. MGSO4
 - b. Mg2SO4
 - c. Mg2SO
 - d. MgSO2
8. The specific Acupuncture point for Bronchial Asthma is
 - a. St39
 - b. St40
 - c. St41
 - d. St42
9. Liver Flush is a liver detox therapy usually used to treat
 - a. Liver cirrhosis
 - b. Liver cancer
 - c. Alcoholic Liver Disease
 - d. Gall stones
10. Which is the influential point for bones and cartilage
 - a. GB 11
 - b. UB 11
 - c. LI 11
 - d. DU 11

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

11. Mention any 4 herbs for treating male infertility
12. Dysbiosis
13. Peppermint oil
14. Acupuncture points located in the head for migraine
15. Acupuncture points for nephrolithiasis
16. Advantages of Naturopathy OPD set over IPD,
17. Massage in pregnancy
18. Local therapies to treat oral thrush
19. Exercise for Children
20. DASH diet
21. Fasting for Obesity
22. Steps to prevent the occurrence of otitis media in Infants

Short Essay (Attempt any Six) – 5 Marks for Each Question**06*5 = 30 Marks**

23. What kind of diet and why will you give such a diet for a patient with low immunity?
24. How will you justify the concept of 2 meals a day to patient? What practical changes can you suggest for the same?
25. Management of Hypertension through hydrotherapy, massage and fasting
26. Management of Varicose veins through lifestyle changes
27. Management of Insomnia through Diet, Massage and Acupuncture
28. Theory of Toxemia
29. Explain the naturopathic concept of fever. Add a note on its management through Naturopathy
30. What are the mechanism of action of dietary fiber in the treatment of constipation?

Long Essay (Attempt any Two) – 10 Marks for Each Question**10*2 = 20 Marks**

31. What are the factors to be considered while deciding the naturopathy treatments for a patient?
32. Explain in Detail about Bronchial Asthma. How do you treat it through IYAT? Also add relevant Research studies
33. Prepare a 7-day diet and treatment protocol for a 49-year-old female, going through perimenopause and is Diabetic since 6 years.

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

Program: BNYS

Subject Name: Fasting Therapy & Dietetics

Year Period: August, 2022 to July, 2023

Date: 03.06.2023

Examination Mode: Regular/Supplementary

Year: 4th Year

Subject Code: BNYS 401 T1

Batch: Aug, 2018 & Aug, 2017

Time: 02.00 pm to 05.00 pm

Max. Marks: 80

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:

Multiple Choice Questions (Attempt All) – 1 Mark for each Question 10 *01 =10 Marks

1. Starvation leads to
 - a. Enhanced healing
 - b. Nutrition deficiency disease
 - c. Increased body weight
 - d. Both a & c
2. Kaplan in 1957 proposed that obese people overeat when
 - a. Angry
 - b. Sad
 - c. Anxious
 - d. Happy
3. Wernicke's-Korsakoff's syndrome is related with _____
 - a. Thiamin Defeciency
 - b. Niacin Defeciency
 - c. Riboflavin Defeciency
 - d. Pyridoxine Defeciency
4. Which method refers to simmering of food in pan with closed lid?
 - a. Steaming
 - b. Saluting
 - c. Stewing
 - d. All the above
5. Stored groundnut may be contaminated with the fungus _____ which produces toxins called aflatoxins.
 - a. Aspergillus flavus
 - b. Aspergillus clavatus
 - c. Aspergillus niger
 - d. Aspergillus fumigates
6. Which constituent of beetroot causes vasodilatation
 - a. Anthocyanosis
 - b. Betanin
 - c. Keratinoid
 - d. Nitric acid
7. Cruciferous vegetables are rich in which of the following component?
 - a. Carotenoids
 - b. Phenolic compounds
 - c. Glucosinolates
 - d. None of the above
8. Glycoproteins in food as allergen leads to _____
 - a. Naphalactic allergy
 - b. Atopic allergy
 - c. Delayed allergy
 - d. None of the above
9. The book "The science and fine art of fasting" has written by
 - a. Dr. Page
 - b. Dr. Keith
 - c. Herbert M Shelton
 - d. Hippocrates
10. Which of the following type of fasting is not advised in clinical practice?
 - a. Monodiet fasting
 - b. Juice fasting
 - c. Dry fasting
 - d. Intermittent fasting

Short Notes (Attempt any Ten) – 2 Marks for Each Question

10*2 = 20 Marks

11. Non vegetarian diet its positive aspects
12. Raw plantain stem juice
13. Define Hibernation
14. Method of giving enema.
15. Basal metabolic rate
16. Assessment of obesity
17. Normal value of cholesterol, HDL, LDL
18. Gluten free diet
19. How to improve good cholesterol
20. Abdomen and eye pack in fasting
21. Fasting and skin allergy
22. Different hydrotherapy treatments advised in fasting

Short Essay (Attempt any Six) – 5 Marks for Each Question

06*5 = 30 Marks

23. Note on Aestivation
24. Note on Intermittent fasting
25. Fasting in chronic disease
26. Contribution of Herbert M Shelton to fasting
27. How body gets nutrition during fasting? Metabolic changes in fasting?
28. Characteristics of foods based upon Ayurveda
29. Osteomalacia and osteoporosis
30. Role of Sunbath during fasting therapy

Long Essay (Attempt any Two) – 10 Marks for Each Question

10*2 = 20 Marks

31. Define DM. Types and Etiology. Write in detail about the management of Gestational DM through diet and lifestyle modifications
32. Dietary requirements for pregnancy, lactation, and infancy
33. Write on fasting under the following headings:
 - a. Physiological effects & metabolism
 - b. Crisis during fasting & contraindications

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

Program: BNYS

Subject Name: First Aid & Emergency Medicine

Year Period: August, 2022 to July, 2023

Date: 14.06.2023

Examination Mode: Regular/Supplementary

Year: 4th Year

Subject Code: BNYS 406 T1

Batch: Aug, 2018, Aug, 2017 & Aug, 2015

Time: 02.00 pm to 05.00 pm

Max. Marks: 80

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:

Multiple Choice Questions (Attempt All) – 1 Mark for each Question 10 *01 =10 Marks

1. Which of the following is not associated with the uncommon causes for ARDS?
 - a. Tuberculosis
 - b. Acute Pancreatitis
 - c. Influenza-A
 - d. Over dosage of Thiazides
2. Delirium may not involve.....
 - a. Alteration of sleep wake cycle
 - b. Psychotic features
 - c. Psychomotor over activity
 - d. Unconsciousness
3. Which one of the following can cause Pancreatitis?
 - a. Azathioprine
 - b. Prednisone
 - c. Cyclosporine
 - d. Tacrolimus
4. What is the BEST position in which to place a patient with massive haemoptysis?
 - a. Affected side up
 - b. Affected side down
 - c. Reverse Trendelenburg
 - d. Trendelenburg
5. What causes Anaphylactic shock?
 - a. Chocking.
 - b. Insect sting or spider bites.
 - c. 3rd degree burns.
 - d. Stroke
6. What is scald?
 - a. A burn by liquid or gas.
 - b. A burn by fire.
 - c. A break in your leg.
 - d. Being beaten with a stick
7. Delirium may not involve.....
 - a. Alteration of sleep wake cycle.
 - b. Psychotic features.
 - c. Psychomotor over activity.
 - d. Unconsciousness.
8. A diabetic patient is considered to be suffering from Hypoglycaemia, if his sugar levels are below....
 - a. 50 mg%
 - b. 60 mg%
 - c. 70 mg%
 - d. 80 mg%
9. Which of the following ECG changes will be seen in hyperkalaemia?
 - a. Peaked T waves.
 - b. Prolonged QRS complexes.
 - c. Flattening of P waves.
 - d. All of the above.
10. When was CPR first developed?
 - a. 1920
 - b. 1942
 - c. 1960
 - d. 1971

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

11. Sheehan's Syndrome
12. Curler's Ulcer
13. Antiphospholipid Syndrome
14. Waterhouse Friedrichsen Syndrome
15. Goodpasture's syndrome
16. Hampton's hump
17. Endotracheal intubation
18. Composition of RL saline
19. Wallace rule of Nine's in children
20. First aid for Hydrofluoric acid burn
21. Sylvester method
22. Whipple's triad

Short Essay (Attempt any Six) – 5 Marks for Each Question**06*5 = 30 Marks**

23. Explain in detail about the Angina pectoris
24. First aid management of asphyxia
25. Clinical investigations of cardiogenic shock
26. CSF analysis of Gullian Barre Syndrome
27. Write a note on Glasgow Coma Scale
28. Emergency management of Status Asthmaticus
29. Management of Scorpion sting.
30. Management of acute hyponatremia

Long Essay (Attempt any Two) – 10 Marks for Each Question**10*2 = 20 Marks**

31. Algorithm of Advanced Cardiac Life Support (ACLS)
32. What is status epilepticus? How will you manage such a case? What are the precautions to be taken by a patient suffering from epilepsy?
33. Define hypocalcaemia. Write in detail about aetiology, clinical features, clinical investigations and emergency management of acute hypocalcaemia.

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

Program: BNYS
Subject Name: Hydrotherapy & Mud Therapy
Year Period: August, 2022 to July, 2023
Date: 09.06.2023
Examination Mode: Regular/Supplementary

Year: 4th Year
Subject Code: BNYS 404 T1
Batch: Aug, 2018 & Aug, 2017
Time: 02.00 pm to 05.00 pm
Max. Marks: 80

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:

Multiple Choice Questions (Attempt All) – 1 Mark for each Question 10 *01 =10 Marks

1. John hancock wrote
 - a. Febrifugum magnum
 - b. Primitive physick
 - c. Code of health and longevity
 - d. key to health
2. Cold increases the alkalinity of blood is stated by which of the following Scientist?
 - a. Strawford
 - b. Henoque
 - c. Strasser
 - d. Lieberg
3. Which of the following organ regulates temperature?
 - a. Hypothalamus
 - b. Liver
 - c. Lungs
 - d. None of the above
4. Perspiration is enhanced by
 - a. Hot foot bath
 - b. Hot foot immersion
 - c. Hot bath
 - d. All of the above
5. Portal congestion is treated by
 - a. Heating pack
 - b. Hot pack
 - c. Neutral pack
 - d. Tepid pack
6. Cholagogic effect pertains to
 - a. Increased functioning of the liver
 - b. Increased functioning of the intestine
 - c. Reduced functioning of the uterus
 - d. Increased functioning of the brain.
7. Temperature of cold according to J. H. Kellog
 - a. 55-65 D F
 - b. 40-55 D F
 - c. 50- 60 D F
 - d. 60-70 D F
8. Nausea is treated by
 - a. Ice bag over spine and stomach
 - b. Tepid immersion bath
 - c. GH pack
 - d. All of the above
9. Inner surface of the thighs are the reflex organs for which organ?
 - a. Bladder
 - b. Kidneys
 - c. Heart
 - d. None of the above

10. Hepatic douche is an example for
- General douche
 - Visceral douche
 - Local douche
 - None of the above

Short Notes (Attempt any Ten) – 2 Marks for Each Question

10*2 = 20 Marks

- Contributions of Vincent Preissnitz to hydrotherapy
- Heat loss centre
- Pre-Procedure for steam bath
- Kellog's water bath calorimeter
- Rationale for insomnia
- Definition of heat and mention the unit.
- Suppressed reaction
- Apothepia
- Apocrine glands
- John Wesley
- Measures that increase heat production
- Heating throat compress

Short Essay (Attempt any Six) – 5 Marks for Each Question

06*5 = 30 Marks

- Indian history of Hydrotherapy
- Schuller's experiments related to Nervous system
- Pool therapy in detail with evidence
- Physiological effects of Cold and Hot on Respiratory system
- Russian bath
- Explain in detail the different hydratic measures employed in fever
- Mention the procedure of the Sitz bath and give the therapeutic indications and contraindications of the Sitz bath
- Enumerate the secondary excitant effects in detail

Long Essay (Attempt any Two) – 10 Marks for Each Question

10*2 = 20 Marks

- Classify hydratic effects. Write in detail about sedative effects.
- Properties, types, Structure and physiological effects of mud. Mention with evidence.
- Define douche, classify and explain the different types of douches and give the general indications and contraindications of douche.

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

Program: BNYS

Subject Name: Obstetrics & Gynecology

Year Period: August, 2022 to July, 2023

Date: 05.06.2023

Examination Mode: Regular/Supplementary

Year: 4th Year

Subject Code: BNYS 402 T1

Batch: Aug, 2018 & Aug, 2017

Time: 02.00 pm to 05.00 pm

Max. Marks: 80

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:

Multiple Choice Questions (Attempt All) – 1 Mark for each Question 10 *01 =10 Marks

1. A mature placenta has a volume of about-----ml of blood.
 - a. 150 ml
 - b. 800ml
 - c. 500ml
 - d. 100ml
2. Which cardinal movement does not occur during labor?
 - a. Flexion
 - b. Internal rotation
 - c. Adduction
 - d. Extension
3. Drug of choice in eclampsia for convulsions
 - a. Phenytoin
 - b. Carbamazepine
 - c. Magnesium sulphate
 - d. Diazepam
4. Characteristic violet discolouration of vagina during pregnancy is called:
 - a. Hegar's sign
 - b. Oslander's sign
 - c. Chadwick's sign
 - d. Palmer's sign
5. Bartholin glands are homologous to the..... In male reproductive organ
 - a. Prostate
 - b. Bulb of penis
 - c. Scrotum
 - d. Urethra
6. Surgery for ovary is called ____
 - a. Vasectomy.
 - b. Hysterectomy.
 - c. Tubectomy
 - d. Oophorectomy.
7. Postpartum decidual secretions are referred to as
 - a. Vasa previa
 - b. Decidua capsularis
 - c. lochia
 - d. None of the above
8. Gestational diabetes is associated with
 - a. Oligohydramnios
 - b. Polyhydramnios
 - c. Placenta previa
 - d. None of the above
9. Partogram helps in detecting
 - a. Abruptio placenta
 - b. Obstructed labour
 - c. pph
 - d. Uncoordinated uterine action.

10. Movement of the fetus felt by the mother is known as
- Lightening
 - Ballotement
 - Quickening
 - Braxton hicks contraction

Short Notes (Attempt any Ten) – 2 Marks for Each Question

10*2 = 20 Marks

- Define complete and incomplete abortion.
- Mention the Physiological changes of breast during pregnancy.
- Write down the Causes of onset of labour?
- Adenomyosis
- Explain Fetal lie and presentation.
- 2 diagnostic tools for ovulation
- Episiotomy and its types
- Bacterial vaginosis
- Name 4 important indications for elective caesarean section.
- Corpus luteum
- Leucorrhoea
- Enumerate 4 complications of preterm baby.

Short Essay (Attempt any Six) – 5 Marks for Each Question

06*5 = 30 Marks

- Write a short note on lochia.
- PID- pathology, clinical features and diagnosis.
- Write a short note on active management of the third stage of labour.
- Episiotomy and its types
- Antenatal care through naturopathy and yoga
- Types of genital prolapse?
- Explain briefly the advantages of breastfeeding.
- Write the stages of syphilis? Add a note on clinical features and management of syphilis

Long Essay (Attempt any Two) – 10 Marks for Each Question

10*2 = 20 Marks

- Describe in detail the stages of labour and mechanism of labour.
- Define Amenorrhoea and its classification. Write a note on etiology, pathophysiology, investigations and treatment of primary amenorrhoea.
- Define antepartum haemorrhage; write causes, diagnosis and management of abruptio placenta.

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

Program: BNYS

Year: 4th Year

Subject Name: Physical Medicine & Rehabilitation

Subject Code: BNYS 405 T1

Year Period: August, 2022 to July, 2023

Batch: Aug, 2018 & Aug, 2017

Date: 12.06.2023

Time: 02.00 pm to 05.00 pm

Examination Mode: Regular/Supplementary

Max. Marks: 80

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:

Multiple Choice Questions (Attempt All) – 1 Mark for each Question 10 *01 =10 Marks

1. PNF was developed by
 - a. Kabat and Knott
 - b. Gardiner and Hollis
 - c. Knott and Vass
 - d. Car and Shepherd
2. Which of the following may help in preventing injuries?
 - a. Warm-up
 - b. Supports
 - c. Stretches
 - d. All of the above
3. Pulleys are used to
 - a. Make the work easy
 - b. Alter the direction of force
 - c. Gain mechanical efficiency
 - d. All of the above
4. Galvanic current is
 - a. Alternating current
 - b. Direct current
 - c. Interrupted current
 - d. Modified current
5. Knee flexion in prone lying is an example of _____.
 - a. 1st order lever
 - b. 2nd order lever
 - c. 3rd order lever
 - d. 4th order lever
6. Biceps brachii acts as
 - a. Flexor of knee
 - b. Extensor of elbow
 - c. Flexor of elbow
 - d. Extensor of knee
7. Any passive devices which is capable of storing electric charge is –
 - a. Dielectric
 - b. Insulator
 - c. Capacitor
 - d. Conductor
8. Unit of inductance
 - a. Joules
 - b. Farad
 - c. Volt
 - d. Henry
9. Medium frequency currents are those whose frequency ranges from:
 - a. 1-100 Hz
 - b. 1 Hz-1 MHz
 - c. >1 MHz
 - d. 4000-5000 Hz
10. The period of time from one heel strike to next heel strike of the same limb –
 - a. Stance phase
 - b. Gait cycle
 - c. Swing phase
 - d. None of the above

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

11. Line of gravity.
12. Give any two pathological gaits
13. Inverse square law.
14. Motor point
15. Convex concave rule
16. Walking frames
17. Reverse piezoelectric effect
18. Ataxic gait
19. Joule's law
20. Contraindications of IRR
21. What is neurotmesis
22. Antagonist

Short Essay (Attempt any Six) – 5 Marks for Each Question**06*5 = 30 Marks**

23. Coordination exercises with examples and diagrams wherever necessary
24. Parkinson gait and hemiplegic gait
25. Types and uses of Ultraviolet radiation.
26. Describe Frenkel's exercises and its principle
27. Physiological effects of Microwave Diathermy.
28. Define electric shock and write about various types of electric shock
29. Describe principles of passive movements.
30. Give brief note on thermal and non-thermal effects of Ultrasound.

Long Essay (Attempt any Two) – 10 Marks for Each Question**10*2 = 20 Marks**

31. Define faradic current. Describe the physiological and therapeutic effects of faradic current.
32. Define suspension therapy. Explain in detail the different types, techniques of suspension therapy
33. Define TENS. Enumerate and describe various types of TENS and its dosage parameters in detail. Mention about its indications and contra-indications

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

Program: BNYS

Year: 4th Year

Subject Name: Research Methodology & Recent Advances **Subject Code:** BNYS 408 T1

Year Period: August, 2022 to July, 2023

Batch: Aug, 2018 & Aug, 2017

Date: 01.06.2023

Time: 02.00 pm to 05.00 pm

Examination Mode: Regular/Supplementary

Max. Marks: 80

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:

Multiple Choice Questions (Attempt All) – 1 Mark for each Question 10 *01 =10 Marks

1. ANOVA group is part of?
 - a. Inferential statistics
 - b. Descriptive statistics
 - c. Both
 - d. None of the above
2. Sample size of 29 were selected from normal population. What degrees of freedom used to calculate standard deviation?
 - a. 27
 - b. 28
 - c. 29
 - d. 30
3. Median of the following data is:
21,22,22,22,23,21,22
 - a. 21
 - b. 22
 - c. 23
 - d. 21.5
4. _____ is a branch of anthropology and the systematic study of individual cultures.
 - a. Independent statistics
 - b. Dependent statistics
 - c. Ethnography
 - d. Business research
5. A deviation of Bell-shaped graph mean
 - a. Parametric Distribution
 - b. Non parametric Distribution
 - c. Normal Distribution
 - d. All of the above
6. A study was done to compare the lung capacity of coal miners to the lung capacity of farm workers. The researcher studied 200 workers of each type. Other factors that might affect lung capacity are smoking habits and exercise habits. The smoking habits of the two worker types are similar, but the coal miners generally exercise less than the farm workers. Which of the following is a confounding variable in this study?
 - a. Exercise
 - b. Lung capacity
 - c. Smoking
 - d. Occupation
7. Mean (1, 2, 3, 5, 7, 8, 9) =?
 - a. 3
 - b. 5
 - c. 7
 - d. 9
8. An Explaining the data using tables and charts is done using?
 - a. Inferential statistics
 - b. Descriptive statistics
 - c. Both
 - d. None of the above

9. Ethics committee must have the following people EXCEPT:

- a. A Scientist
- b. A Social Worker
- c. A Medical professional
- d. A Sportsman

10. The data obtained from a questionnaire on a Likert scale in a study are which type of data?

- a. Nominal
- b. Ordinal
- c. Ratio
- d. scale

Short Notes (Attempt any Ten) – 2 Marks for Each Question

10*2 = 20 Marks

- 11. Define Research
- 12. Define validity and reliability.
- 13. CARE guidelines
- 14. Independent variables
- 15. Publication ethics
- 16. Poster and Oral presentation
- 17. What are advantages and disadvantages of using R
- 18. Simple random sampling
- 19. Normal Distribution
- 20. What is survey design?
- 21. Nuremberg Code
- 22. What is blinding?

Short Essay (Attempt any Six) – 5 Marks for Each Question

06*5 = 30 Marks

- 23. Types of errors during null-hypothesis testing and how to minimize those errors?
- 24. What is a double-blind wait-listed randomized control trial? What are the advantages? Why is it not possible to have similar design in Yoga/Naturopathy studies?
- 25. Types of data. Explain the details with appropriate examples
- 26. What is t-tests? Give details of the assumptions and methodology followed in one sample, paired sample and independent sample t-tests. Add a note on similar non-parametric tests
- 27. Need and Challenges in conducting yoga and naturopathy research.
- 28. Explain in detail types of sampling with their advantages and disadvantages.
- 29. What is hypothesis? Explain the steps in hypothesis testing.
- 30. Distinguish between descriptive and inferential statistics

Long Essay (Attempt any Two) – 10 Marks for Each Question

10*2 = 20 Marks

- 31. What is peer-reviewed indexed journals? Name some indexing agencies. Add a note on the process of peer-review. List names of 4 peer-reviewed journals that you are aware of.
- 32. What is statistics? What are methods adapted in statistical analysis? Explain in detail the descriptive and inferential statistics with the list of statistical tests
- 33. Why ethics is important in Research? What are the different components of ethics? Write a note on history of ethics in biomedical research. Explain in detail the principles of ethics in research.

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

Program: BNYS

Subject Name: Yoga Therapy

Year Period: August, 2022 to July, 2023

Date: 07.06.2023

Examination Mode: Regular/Supplementary

Year: 4th Year

Subject Code: BNYS 403 T1

Batch: Aug, 2018, Aug, 2017 & Aug, 2015

Time: 02.00 pm to 05.00 pm

Max. Marks: 80

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:

Multiple Choice Questions (Attempt All) – 1 Mark for each Question 10 *01 =10 Marks

1. Which bandha should not be performed by patients of high blood and hernia?
 - a. Moolabandha
 - b. Jalandharabandha
 - c. Uddiyanabandha
 - d. Mahabandha
2. Panchakosha theory is explained in _____ Upanishad
 - a. Aitareya
 - b. Taittiriya
 - c. Mandukya
 - d. Mundaka
3. Adhi-Vyadhi concept is explained in _____
 - a. Panchakosha
 - b. Bhagavad geetha
 - c. Hatha yoga
 - d. Yoga Vasishtha
4. Number of Kriya in Gherandasamhita
 - a. 7
 - b. 5
 - c. 8
 - d. None of the above
5. Which type practices are contra-indicated in patients with Hypertension.
 - a. Dynamic practices
 - b. Sukshmvayayama
 - c. Breathing exercises
 - d. Cooling pranayamas
6. Name of 6th posture in 12 steps suryanamskara?
 - a. Padahasthasana
 - b. Parvathasana
 - c. Shashankasana
 - d. Ashtanganamskarasana.
7. Stress causes hyperactivity of involuntary organs through
 - a. Group of spinal nerves
 - b. Group of Cranial Nerves
 - c. Sympathetic Nerves
 - d. Parasympathetic Nerves
8. Organs affected due to pranic disturbances is seen in which phase
 - a. Psychic
 - b. Psychosomatic
 - c. Somatic
 - d. Organic phase
9. Which pranayama practice helps to eliminate vata dosha?
 - a. Murchha
 - b. Suryabhedhana
 - c. Ujjayi
 - d. Nadishodhana

10. Which pranayama is vitality simulating according to hatha yoga pradipika
- Nadishodhana
 - Ujjayi
 - Bramari
 - Surya bhedhana

Short Notes (Attempt any Ten) – 2 Marks for Each Question

10*2 = 20 Marks

- Effects of Balancing Asanas
- Mithahara
- Yogic prescription to Irritable bowel syndrome.
- QRT
- Alpha and Gamma brain waves
- Physiological effect of trataka on attention
- Four best practices for gastritis
- Surya Namaskar prayer with meaning
- Rules and regulations for the practice of pranayama
- Contra indications for the practice of Ustrasana
- Kapalbhati Kriya
- Kegal's Exercises

Short Essay (Attempt any Six) – 5 Marks for Each Question

06*5 = 30 Marks

- Cyclic Meditation
- Give a detailed overview of reiki as a part of healing system
- Importance of Yoga in education system
- What is Infertility. Provide a detailed overview on management through IAYT
- What is chair breathing. Explain the procedure in detail.
- Rules and regulations for choosing the practices for yoga therapy
- Describe in detail about the management of Osteoarthritis through yoga therapy
- Yoga and mental health

Long Essay (Attempt any Two) – 10 Marks for Each Question

10*2 = 20 Marks

- Explain in detail the role of yoga therapy in management of safe pregnancy.
- Define Stress. Role of yoga therapy in Stress-its causes, effects and control.
- What is Epilepsy. Explain the Classification and Diagnostic Criteria for the same.
Give A detailed overview of management through Yoga Therapy