

SWAMI VIVEKĀNANDA YOGA ANUSANDHĀNA SAMSTHĀNA

स्वामी - विवेकानन्द - योगानुसन्धान - संस्थानम्

A University, established under Section 3 of the UGC Act, 1956
(Eknath Bhavan, # 19, Gavipuram Circle, Kempegowda Nagar, Bangalore 560 019, India)

ANTTC - ERGONOMICS

DATE: 06.12.2011

Time: 10-1pm

Max. Marks: 50

I. Answer the following questions

10 x 5 Marks

1. What are the benefits of Corporate Health and Wellness Initiatives?
2. Describe the ergonomics of a computer work station.
3. Summarize mental health in a work place.
4. What are preventive measures? Write in brief the preventive measure for carbon monoxide (CO) hazards.
5. What are the routine inspection practices?
6. What is an accident? Why should we investigate an accident and what are the salient features of accident report writing?
7. What are the different types of occupational hazards? Describe biological hazards.
8. Describe what is meant by "Work place health and safety"
9. Differentiate between hazards, risks and outcomes.
10. Define ergonomics. Write its significance.

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ANTT C Alternative Medicine

DATE: 09.12.2011

Time: 10-1pm

Max. Marks: 50

I. Write True or False - Write 'T' for true and 'F' for false:

10 x 1 = 10 Marks

1. Naturopathy is drugless system of medicine.
2. Dr. Benedict Lust is the father of naturopathy.
3. Specific needles are used for acupuncture.
4. Acu-puncture can be given in pregnancy.
5. Constipation is the root cause of disease.
6. Asana can be practiced immediately after food.
7. Massage can be given in fever.
8. Acu-pressure can be given in headache.
9. Kapalabati should not be practiced by Hypertensive patient.
10. Fats and oils decrease the weight.

II. Tick the correct answer:

10 x 1 = 10 Marks

1. Massage can be given in :
a) Fever b) Cancer c) Obesity d) All of the above mentioned.
2. Naturopathy does not use :
a) Water b) Diet c) Drugs d) Sunlight.
3. For giving acu - puncture we need:
a) Needles b) Spirit c) Cotton d) All the above mentioned.
4. Which is not good during constipation?
a) Apple b) Banana c) Water d) Biscuits and Bread.
5. Acupressure is good for :
a) Headache b) Back pain c) Neck pain d) All the above mentioned.
6. Savasana can be given in :
a) Heart patient b) Asthma c) Insomnia d) All the above conditions.
7. Acu -puncture should not be given in:
a) Umbilicus b) Nipple c) Head d) a & b.
8. Yogic practice does not includes:
a) Asanas b) Pranayama c) Exercises d) Meditation.
9. Father of Naturopathy:
a) Louis Kuhne b) Benedict Lust c) Dr. Henry Lindhlar c) Mahatma Gandhi

10. Who is the Yoga guru?

- a) Maharishi Patanjali b) Lord Rama c) Vasishta d) Venkata Ramacacharya.

III. Answer any FIVE of the following (Short answers)

5 x 2= 10 Marks

1. Write the definitions of Yoga according to Bhagawat Gita and Patanjali Yoga Sutras. What is the significance of Yoga?
2. What is herbal medicine?
3. Where did Unani System of medicine originated? Describe its salient features.
4. Which is considered as the oldest medical system in the world?
5. Homoeopathy is based on what working principle.
6. Describe Ayurveda and its three regulatory principles – *doshas*.

IV. Write short notes on any FIVE of the following:

4 x 5 = 20 marks

1. Biofeedback
2. Behavioral therapy
3. Magneto Therapy
4. Guided Imagery
5. Occupational Therapy
6. Recreational Therapy
7. Chiropractic Therapy
8. Pancha Kosha Viveka.

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ANTTC - FIRST - AID

DATE: 08.12.2011

Time: 10-1pm

Max. Marks: 50

I. Answer the following: -

4 × 5 = 20 Marks

1. Describe the ABC's of Cardio Pulmonary Resuscitation.
2. Mention the aims and objectives of First – aid.
3. What is recovery position? Write its benefits.
4. Describe briefly first-aid for bleeding.

II. Answer the following (any five):

5 × 4 = 20 Marks

1. Define first-aid.
2. First-aid for second degree burn.
3. First-aid for heat stroke.
4. First-aid for frost bite.
5. Warning signs of convulsions.
6. Signs and symptoms of shock.

III. Fill in the blanks:

10 × 1 = 10 Marks

1. CPR is abbreviation for.....
2. Hypothermia occurs when temperature falls below.....
3. Scalds are caused by
4. If the casualty is breathing and is unconscious, then the best way to make him/her lie down in
5. To escape from smoke inhalation during a fire break-out, one should And escape.
6. Frost-bite is damage of and..... when the skin is exposed to cold.
7. A bandage is a piece of material used either to support a medical device such as a or
8. Therapy will aggravate the acute injury.
9. If the circulatory system fails, and insufficient oxygen reaches the tissues, the medical condition known as.....
10. Bleeding is a loss of blood from the

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ANTTC T Hydrotherapy

DATE: 02.12.2011

Time: 10-12

Max. Marks: 50

I. Answer any one

10*1=10

1. Explain the changes happening in the site of application when very cold / very hot water forms are applied over a cut injury.
2. Classify packs, explain fomentation and compress in detail.

II. Answer any four

5*4=20

1. Procedure of preparation and applying kidney pack.
2. Management of acute emergencies with hydrotherapy.
3. Preparation for enema.
4. Classify temperature of water.
5. Write your experience with hydrotherapy.

III. Answer any five questions

2*5=10

1. Define hydrotherapy.
2. Benefits of Neutral immersion bath
3. Benefits of cold douche.
4. Importance of cold comparers
5. Importance of cold rubbing
6. Types of hip bath with duration of treatment.

IV. Match the following

1*10=10

- | | |
|--------------------------|----------------------------------------|
| 1. Rectal irrigation | (a) J.H Kellogg |
| 2. Common cold | (b) Ice massage to spine |
| 3. Back pain | (c) Vaso constriction. |
| 4. Rational Hydrotherapy | (d) Hot hip bath |
| 5. Practical Nature cure | (e) Hot foot bath & arm bath |
| 6. Enema | (f) Enema |
| 7. Headache | (g) Acharya Laxman Sharma |
| 8. Cold water treatments | (h) Contra-indication in skin diseases |
| 9. Hot water treatments | (i) Fever |
| 10. High blood pressure | (j) Final steam. |

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ANTTC - ERGONOMICS

DATE: 06.12.2011

Time: 10.00 am to 12 noon. Max. Marks: 50

I. Answer the following questions

10 x 5 Marks

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February

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ANTT C Alternative Medicine

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ANTTC T Hospitality

Date : 04.12.2011

Time: 2 hrs

Max Marks: 50

I. **ANSWER THE FOLLOWING** **10X2=20**

1. Write your experience with the Guest on Sunday with Kriya Group?
2. Write a welcome speech for the Annual function?

II. **ANSWER BRIEFLY** **05X5=25**

1. What are the steps taken for treating the patients?
2. What are the steps taken for a Good environment?
3. What are the Qualities of Hospitality?
4. How you take care of the patients in Massage Section or Jauizi?
5. Write about yourself?

III. **MATCH THE FOLLOWING** **05X01=05**

- | | |
|----------------------|-----------------------|
| 1. Circular Jet | a) Quality of Student |
| 2. Surabhi | b) Hydrotherapy |
| 3. Swami Vivekananda | c) Naturopathy Block |
| 4. Obedience | d) Near Jigani |
| 5. Prashanti Kutiram | e) Role modal |

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ANTTC DIET AND NUTRITION – [I] FINAL EXAMINATION

Date :

Time : 1-1/2 Hours.

Max. Marks: 50

07.12.2011

I Answer Any one :

10 x 1 = 10

1. Explain the whole process of digestion of food.
2. Define Nutrition. Write the classification of different Nutrients and explain in brief.

II Answer Any four:

5 x 4 = 20

1. Preparation of Beet-root juice. Its Indications and Contra-Indications
2. Types Naturopathy diet.
3. Your experience in Naturopathy diet section.
4. Write the preparation, Indication and benefits of any fruit juice you like
5. Write in brief about the different cooking methods.
6. Food handling techniques.

III Answer any five:

2 x 5 = 10

1. Write about the nutrients present in Cucumber.
2. Write the safety measures to be taken in kitchen.
3. Importance of fiber.
4. Write few acid containing fruits and alkaline fruit.
5. Preparation of Ash-guard juice.
6. Indications of Carrot juice.

IV Match the following:

1 x 5 = 5

- | | |
|------------------------------|------------------|
| 1. Beetroot juice | Vitamin – C |
| 2. Mouth | Night blindness |
| 3. Pineapple | Anemia |
| 4. Deficiency of Vitamin – A | Digestion |
| 5. Kitchen equipment | Vegetable cutter |

V True or False:

1 x 5 = 5

1. Protein is body building [True / False]
2. Hydrochloric Acid is the acid present in stomach for digestion [True / False]
3. Calcium is essential for bones [True / False]
4. I like Naturopathy Diet [True / False]
5. Papaya is rich in Vitamin 'A' [True / False]

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HISTORY & BASIC PRINCIPLES OF AYURVEDA

Date: 10.12.2011

Time: 10 AM – 12 NOON.

Max. Marks: 50

1. MULTIPLE CHOICES

- i) How many dhatus are there in the body?
(a) 5 (b) 4 (c) 7 (d) 10
- ii) Kaya Chikitsa is
(a) Diseases of children (Pediatrics)
(b) Disorders of digestive activity (Inner Medicine)
(c) Mental diseases
(d) Surgery
- iii) Seat of Vata dosha (STANA of VATA DOSHA)?
(a) Above the chest
(b) In between chest and umbilicus
(c) Parts below umbilicus
(d) None of the above
- iv) Rasayana (or) Jana Chikitsa deals with?
(a) Eye, Ears, Nose and Throat
(b) Surgery
(c) Treatment of Prison
(d) Diseases occurs in old age (Geriatrics)
- v) How many types of Kostas' are there?
(a) 2 (b) 5 (c) 4 (d) 3

2. Explain the origin and history of Ayurveda 5 Marks
3. Definition and Aim of Ayurveda 5 Marks
4. Concept of Health according to Ayurveda and explain Hethu, Linga and Auṣada 5 Marks
5. Explain in detail the eight branches of Ayurveda 10 Marks
6. Explain in detail the Trimalas, Koshta and Agni 10 Marks
7. Explain the Guna's (qualities) of:
a) Pitta Prakruti person 5 Marks
b) Kapha Prakruti person
8. Explain about Agni and its types. 5 Marks

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CHIKITSA IN AYURVEDA (PANCHAKARMA) – PART I

Date: 11.12.2011

Time : 2 Hours.

Max. Marks : 50

1. MULTIPLE CHOICES – CHOOSE 1 ANSWER 10 Marks
 - (i) Types of Poorva karma
 - (a) Vamana, Vasti Virechana
 - (b) Pachana karma, Sneha karma, Swedha karma
 - (c) Poorva Karma, Pradhana Karma, Paschat Karma
 - (d) Samsarjana Karma, Rasayanodhi Karma, Shamanam.
 - (ii) Which is the best sneha dravya?
 - (a) Tailam
 - (b) Vasa
 - (c) Majja
 - (d) Gritham
 - (iii) Following are the Sneha Ayogyas (not eligible)
 - (a) Athisthree
 - (b) Madhyapana
 - (c) Ama
 - (d) Bala
 - (iv) For which Dosha Snehanam should not be given?
 - (a) Vata
 - (b) Pitta
 - (c) Kapha
 - (d) All the 3
 - (v) Vamana Yogya's (eligible for Vamana)
 - (a) Athisara
 - (b) kushta
 - (c) Visarpa
 - (d) All the 3
 - (vi) Vega Samkhya for Virechana (Number of times)
 - (a) 15 20 30
 - (b) 5 10 20
 - (c) 10 15 30
 - (d) 10 20 30
 - (vii) Types of Nasyam based on Action?
 - (a) 4
 - (b) 3
 - (c) 5
 - (d) 6
 - (viii) 1 pala is ?
 - (a) 30 gms
 - (b) 100 gms
 - (c) 48 gms
 - (d) None of the above
 - (ix) Basti Netra for 12 years of age?
 - (a) 8 angula
 - (b) 10 angula
 - (c) 12 angula
 - (d) 6 angula
 - (x) Nasya should not be given for people who are above
 - (a) 70 years
 - (b) 80 years
 - (c) 90 years
 - (d) 60 years.
2. Name the classifications of Panchakarma, Poorva Karma, Pradhana Karma and Paschat Karma. 5 Marks
3. Explain Sneha drayas, Yogya's, Ayogyas, Vidhi (procedure), Samyak, Ayoga, Athiyoga 10 Marks
Marks Athiyoga and benefits of Snehanam and Swedanam.
4. Explain the Yogyas, Ayogyas, Vidhi (procedure), Samyag. Atiyoga, Ayoga, Vega 10 Marks
Samkhya, Apachara and benefits (phala) of VAMANA KARMA.
5. Explain in detail the definition, types, measurements of Vasti Netra, Asthapana 10 Marks
And Anuvasana Vasti Matra, Karma, kala, Yoga Vasti numbers, Vasti Kala and procedure of VASTI KARMA.
6. Explain RAKTHA MOKSHNAM in detail 5 Marks

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CHIKITSA IN AYURVEDA (Pancha Karma) – PART II

Date : 12.12.2011

Time : 2 Hours.

Max. Marks: 50

1. MULTIPLE CHOICES – CHOOSE 1 ANSWER

10 Marks

- (i) Abhyagam is done with?
(a) Talcom powder (b) Mud (c) Milk (d) Tailam
- (ii) In Abhyangam there are position?
(a) 5 (b) 7 (c) 10 (d) None of the above
- (iii) Coconut and Lemon is used in?
(a) Abhyangam (b) Navarakizhi (c) SSPSm(d) Nasyam
- (iv) PIZHICHILL (OR) SARVANGA DHARA is done for Minutes
(a) 20 Mins (b) 30 Mins (c) 35 Mins (d) None of the above.
- (v) Karnapooranam is done for?
(a) Eye problems (b) Nose problems (c) Ear problems (d) None of the above
- (vi) Milk, Red Rice, Bala Moola Kashaya are used in?
(a) Abyangam (b) Navarakizhi or S.S.P.S. (c) Elakizhi or P.P.S. (d) PIZHICHILL or Sarvangadhara
- (vii) For Netra Tarpanam, the dravya used is?
(a) Tailam (b) Gritham (c) Vasa (d) Majja
- (viii) Karnapooranam is done for?
(a) 30 Mins (b) 45 Mins (c) 20 Mins (d) 10 Mins
- (ix) UDVARTHANAM is done for?
(a) Increasing body weight (b) Reducing body weight (c) Improving colour of skin
(b) None of the above
- (x) SIRODHARA is done for?
(a) Body pain (b) Knee pain (c) Relaxation of Mind (d) Back pain.

2. Explain the procedure of Abhyangam in detail 10 Marks
3. Explain the definition, Ingredients, preparation, procedure and benefits of Patra panda swedanam (or) ELAKIZHI. 10 Marks
4. Explain the definition, Ingredients, preparation, procedure and benefits of Shastika Shali panda Swedanam or Navarakizhi 10 Marks
5. Explain PIZHICHILL or SARVANGA DHARA in detail 5 Marks
6. Explain Kativasthi in Detail 5 Marks