

MSc YT
3rd Semester

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

Program: MSc (Yoga Therapy)
Subject Name: Biomechanics of Asanas
Sem Period: August, 2024 to December, 2024
Date: 13.12.2024
Examination Mode: Regular

Semester: 3rd Semester
Subject Code: MSYTAECC 308
Batch: August, 2023
Time: 09.45 am to 12.45 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 *02 =20 Marks

1. Mention the muscles of TMJ.
2. Define Newton's Law of motion deals with acceleration?
3. Mention the distinct movement of thumb and the muscle responsible for that movement
4. What is carrying angle?
5. Define Parkinson's disease.
6. Mention the poses involved in Surya namaskara?
7. What is scoliosis?
8. Name the carpal bones
9. Define coxa varum.
10. What is FBD?
11. What is the normal range of femoral neck-shaft angle? Name the abnormalities associated with it.
12. What are effects of yoga in musculo-skeletal health

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

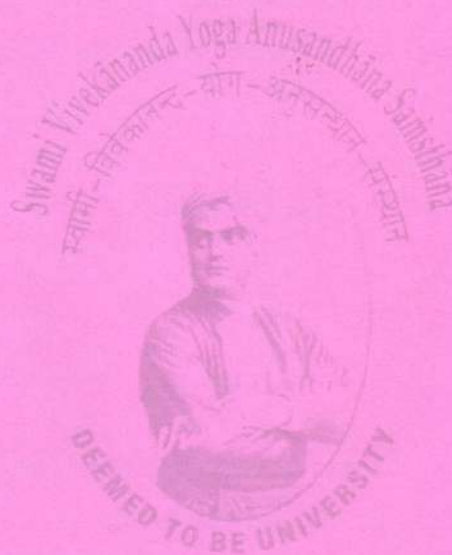
08 *5 =40 Marks

13. Write a note on general principles of biomechanics
14. Explain the importance of posture while resting
15. Mention the possible errors happen with Tadasana. How it can be managed
16. Write a note on static and dynamic stability of shoulder joint
17. Write a note on isometric and isotonic contractions of muscle
18. Write a note on gripping of hand.
19. Explain briefly on fatigue
20. Explain briefly on the biomechanics of elbow joint
21. Explain briefly on superior and inferior radio-ulnar joints.
22. Write a note on free body diagrams?

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

4* 10 =40 Marks

23. Define biomechanics. Explain the basic motions and forces of human body and general principles of biomechanics in detail.
24. Explain in detail on the effects of yoga in neurological conditions?
25. Mention the asanas in prone lying. Explain in detail on biomechanical aspects and benefits.
26. Explain in detail on the effectiveness of yoga based exercises in improving balance and coordination in old age.
27. Define ergonomics. Explain in detail on the importance of posture during work.
28. Define PNF. Explain in detail on basic procedures and benefits with PNF?



Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
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Program: MSc (Yoga Therapy)
Subject Name: Dietetics & Nutrition
Sem Period: August, 2024 to December, 2024
Date: 13.12.2024
Examination Mode: Regular

Semester: 3rd Semester
Subject Code: MSYTAECC 308
Batch: August, 2023
Time: 09.45 am to 12.45 pm
Max. Marks: 100

General Instructions:

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

10 *02 =20 Marks

1. What is food science?
2. What is a balanced diet?
3. Name few iron rich foods
4. What are the richest sources of Vitamin C?
5. What are the different types of Minerals?
6. What are essential nutrients?
7. What are the types of proteins?
8. What is nutrition?
9. Name the different types of Fats
10. Explain the dietary rule for respiratory disorders.
11. What are ICMR four food groups?
12. Give the importance of nutrition in the body

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

08 *5 =40 Marks

13. Draw the structure of food pyramid and explain
14. Explain RDA. What are the factors affecting RDA?
15. What are anthropometric measurements?
16. What are the etiologies of obesity?
17. What are antioxidants? Explain the role of antioxidants
18. What are the sources and functions of Calcium?
19. What are the sources and functions of Vitamin B Complex?
20. Give brief note on the significance and importance of cereals and millets
21. What are the general dietary problems of adolescents?
22. What are the sources and its functions of Vitamin D?

23. Explain in brief about the following:
 - a. Biochemical assessments
 - b. Dietary assessments
24. Write in detail about any two micro nutrients in detail
25. Explain the dietary changes which you have to adopt for GI disorders with menu plan.
26. Describe the impact of nutritional deficiency on the outcome of pregnancy
27. Explain the dietary changes which you have to adopt for diabetic with anaemia patients with a menu plan.
28. Explain the dietary changes which you adopt for the CVD along with menu plan



Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
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Program: MSc (Yoga Therapy)
Subject Name: Integrative Medicine Model
Sem Period: August, 2024 to December, 2024
Date: 16.12.2024
Examination Mode: Regular

Semester: 3rd Semester
Subject Code: MSYTT 302
Batch: August, 2023
Time: 09.45 am to 12.45 pm
Max. Marks: 100

General Instructions:

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

10 *02 =20 Marks

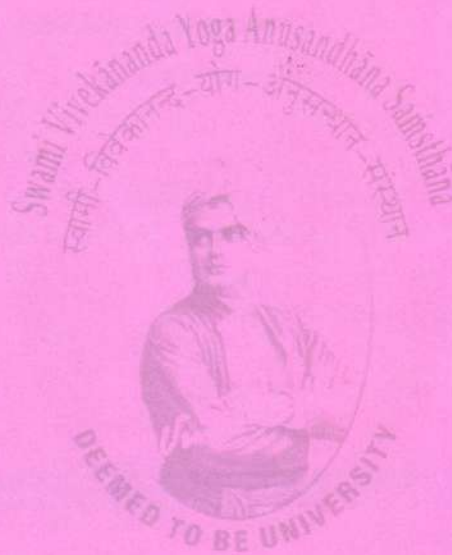
1. Saptadhatus.
2. Seats of pitta
3. Dhatumalas
4. Types of Prakrti
5. Purpose of Ayurveda.
6. What is Gandusha?
7. Define naturopathy
8. What is the principle of "Violation of nature's law," and how does it manifest in the selection of natural therapies?
9. What is health according to Naturopathy?
10. What is cure?
11. Name the Panchamahabhutas
12. What is hydrotherapy?

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

08 *5 =40 Marks

13. Explain Greeshma rutucharya
14. Types of chikitsa in Ayurveda
15. Importance of Paschat karma
16. Shadrasas and tridosha relation
17. What are the types of vata and its functions?
18. What are the potential benefits of hydrotherapy for patients with musculoskeletal injuries?
19. What are the primary mechanisms by which hydrotherapy promotes muscle relaxation and pain relief?
20. What safety precautions should be taken when undergoing hydrotherapy treatments?
21. What types of equipment are typically used in hydrotherapy, and how do they enhance treatment?
22. What is the difference between hot and cold hydrotherapy, and in what situations are they used?

23. Explain Dinacharya
24. Explain the procedure of Virechana with benefits
25. Explain Raktamokshana with its importance
26. How is the principle of "Prevention" applied in the naturopathic approach to health and wellness?
27. What role does detoxification play in naturopathic treatments?
28. What are the key differences between naturopathy and conventional medicine in terms of their approach to health care?



Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
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Program: MSc (Yoga Therapy)
Subject Name: Yogic Counselling
Sem Period: August, 2024 to December, 2024
Date: 09.12.2024
Examination Mode: Regular

Semester: 3rd Semester
Subject Code: MSYTT 301
Batch: August, 2023
Time: 09.45 am to 12.45 pm
Max. Marks: 100

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

10 *02 =20 Marks

1. Define Adhi and Vyadhi.
2. List Yama.
3. What is stress?
4. What are the limitations of modern psychology?
5. What are the Good expressions during counseling?
6. Write any four expressions to be avoided during counseling..
7. Write any two long term Objectives of yogic counselling
8. Write any two wrong expressions to be avoided during counselling.
9. List any 4 steps of counselling.
10. Write any 4 things that you do during counselling for rapport building.
11. What is the benefit one gets by practicing soucha(cleanliness) as mahavratam
12. What is the benefit of practicing asana according to Patanjali?

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

08 *5 =40 Marks

13. Analyse happiness.
14. Describe the technique of chitta shudhi.
15. Write the role of Shudhiprakriyas in yogic management.
16. What is the difference between Yogic kriyas in Hatha yoga and Shudhi prakriyas?
17. List and explain 5 qualities of a good yogic counselor.
18. Explain the short-term goals of counselling in detailed
19. What are the problems due to Heridity? What is the principle of yogic counseling for problems due to Heridity?
20. What do you mean by Notional correction? Explain with an example.
21. List 5 methods of gaining the patient's trust within the intake meeting.
22. What to do if you understood that the participant is not following ethics

23. Role of antaranga shudhi in yogic counseling in mgt of disease.
24. What is Pratyahara? Mention at least 2 techniques of Pratyahara. Mention the Role of pratyahara in yogic counseling.
25. What is Hypersensitivity? What is perfectionist attitude. Write the principles of yogic counseling for both Hypersensitivity and perfectionist attitude.
26. Explain how psychological conflicts can lead to disease and what are the principles of Yogic counseling that help in such cases.
27. Please write the dialogue between the counselor and the counselee for the following case. A student of MSc approaches the counselor. He says "I am not able to get along with my room-mates. The other two members are from the same place and they too close and friendly. They do speak with me. But I feel they two are together and I am alone in this room" Please help me out.
28. write the dialogue between the counselor and the counselee for the following case. A student of MSc approaches the counselor Please. He says "I am always busy here with classes and other activities. I never get time to sit for meditation only. I thought Yoga course means 4,5 hrs meditation we will do. Not even 5 min we are doing meditation. I get confused. Is this yoga. Or my understanding is wrong?". In lectures they speak great about meditation. But no meditation in practicality. We do Cyclic meditation but in that also we won't sit straight for 5 min. How is this called meditation?

