

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: 3rd Year

Subject: Acupuncture & Acupressure

Subject Code: BNYS 302 T1

Year Period: Aug, 2020 to July, 2021

Batch: Aug,2017, Aug, 2016 & Aug, 2015

Date: 25. 06. 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. Define Chinese Monad
2. Difference between Luo-connecting point and confluent point
3. Sishencong – Location and Indications
4. Distal point
5. Pulse position
6. Prismatic needle



Short Essay (Attempt any four)

5 marks x 4 = 20 Marks

7. Moxibustion
8. Constructive and Destructive cycle
9. Back-shu points
10. Acupuncture points situated around the wrist joint and elbow joint
11. Acupuncture for Sciatica

Long Essay (Attempt any one)

10 marks x 1 = 10 Marks

12. Acupuncture for Bronchial Asthma – mention the points with location and rationale behind the acupuncture point selection
13. Write in detail about the Acupuncture anaesthesia

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

Program: BNYS(OB)

Subject: Manipulative Therapy

Year Period: Aug, 2020 to July, 2021

Date: 23.06.2021

Examination Mode: Online

Year: 3rd Year

Subject Code: BNYS 301 T1

Batch: Aug, 2017, Aug, 2016 & Aug, 2015

Time: 02.30 pm to 04.30 pm

Total 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. Importance of oils in massage
2. Prakriti and Vikriti according to Veda
3. Touch and its classification
4. Post art of Deep tissue massage
5. Lavender oil
6. Qualities of Masseur



Short Essay (Attempt any four)

5 marks x 4 = 20Marks

7. Massage and its effect on cardiovascular system
8. Panchakarma
9. Vibromassage and its Benefits
10. Infant Massage
11. Dry brush massage

Long Essay (Attempt any one)

10 marks x 1 = 10marks

12. Define Massage and Explain in detail about Therapeutic Massage
13. Milestones of Females and Benefits through massage.

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

Program: BNYS(OB)

Subject: Modern Diagnosis

Year Period: Aug, 2020 to July, 2021

Date: 05. 07. 2021

Examination Mode: Online

Year: 3rd Year

Subject Code: BNYS 306 T1

Batch: Aug, 2017, Aug, 2016 & Aug, 2015

Time: 02.30 pm to 04.30 pm

Max. Marks: 40

General Instructions:

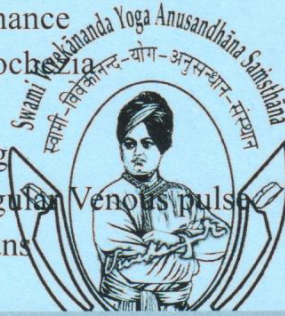
1. Use A4 size plain sheets for writing answers.
2. Use black or blue ball point pen.
3. Write your examination Roll Number, Program Name, Subject Code, Subject Name, Date of Exam, Total No. of Pages used, on the first page of Answer Script ().
4. Write down all the questions on a separate paper and 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. Tactile vocal Resonance
2. Malena and hematochezia
3. Krokoff Sounds
4. Grades of Clubbing
5. Examination of Jugular Venous pulse
6. Acanthosis Nigricans



Short Essay (Attempt any four)

5 marks x 4 = 20Marks

7. Explain different types of fever
8. Write in detail about auscultation of respiratory system, add a note on added sounds
9. Explain the procedure of diagnostic thoracentesis
10. Palpation of abdomen.
11. Explain in detail about cardiac murmurs.

Long Essay (Attempt any one)

10 marks x 1 = 10Marks

12. Explain in detail examination of cranial nerves.
13. Explain in detail about general physical examination.

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

Program: BNYS(OB)
Subject: Naturopathy Diagnosis
Year Period: Aug, 2020 to July, 2021
Date: 03. 07. 2021
Examination Mode: Online

Year: 3rd Year
Subject Code: BNYS 305 T1
Batch: Aug,2017, Aug, 2016 & Aug, 2015
Time: 02.30 pm to 04.30 pm
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. Write a short note on Unity of Disease
2. Write a short note on "Toxic settlement's" From perspective of iris diagnosis
3. Write a short note on "Holistic Diagnosis"
4. Write a short note on "Tri- Dosha Pulse"
5. Write a short note on "Lymphatic Rosary (1mark), with Chart(1mark)?"
6. Write a Brief note on Tongue Diagnosis

Short Essay (Attempt any four)

5 marks x 4 = 20Marks

7. Write a Brief note on Iris presentation of Cardiac ailment; give 2 examples with chart (2*2)?
8. Write a Brief note on Back Encumbrance
9. Write a Brief note on mala (2 marks) & moothra pareeksha (3 marks)
10. Write a Brief note on "Anatomy of Skin (3 marks), with proper Diagram(2marks)
11. Write a Brief note on Vitality, explain it with a Renal disorder as example (3 marks)

Long Essay (Attempt any one)

10 marks x 1 = 10Marks

12. Write Detailed note on Iris Chart (Bernard Jenson's Chart) (5*2)
13. Write Detailed note on "Habits- significance, consequence an its correspondence in encumbrance."

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

Program: BNYS(OB)

Subject: Nutrition & Medicinal Herbs

Year Period: Aug, 2020 to July, 2021

Date: 01. 07. 2021

Examination Mode: Online

Year: 3rd Year

Subject Code: BNYS 304 T1

Batch: Aug,2017, Aug, 2016 & Aug, 2015

Time: 02.30 pm to 04.30 pm

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. Define Antioxidants
2. Omega fatty acids
3. Glycemic Index
4. Ficus Glomerata
5. Vitamin K
6. Melatonin



Short Essay (Attempt any four)

5 marks x 4 = 20 Marks

7. Natural toxins
8. Ascorbic acid
9. Comparative study between modern nutrition and naturopathy diet
10. Childhood obesity
11. Enteral feeding

Long Essay (Attempt any one)

10 marks x 1 = 10 Marks

12. Digestion, absorption and metabolism of Proteins
13. Nutritional requirements and dietary modifications during Oldage

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: 3rd Year

Subject: Psychology & Basic Psychiatry

Subject Code: BNYS 307 T1

Year Period: Aug, 2020 to July, 2021

Batch: Aug, 2017, 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. Latent Learning
2. Difference between classical and operant conditioning.
3. Name freud's psychosexual stages of personality.
4. Grades of Insight
5. Give one example each: a) Negative Reinforcement b) Punishment by removal
6. Stimulus discrimination

Short Essay (Attempt any four)

5 marks x 4 = 20Marks

7. Defence mechanisms
8. Write a note on basic terminologies {include examples wherever necessary}: a) Waxy flexibility b) Hallucinations c) Anhedonia d) Neologisms e) Derealization
9. How is Intelligence measured and how are Intelligence tests constructed?
10. Explain briefly somatoform and dissociative disorders.
11. What occurs in observational learning and what are the findings from bandura's classic bobo doll study and the four elements of Observational learning?

Long Essay (Attempt any one)

10 marks x 1 = 10Marks

12. What is personality and how do various perspectives in psychology view personality?
13. Explain in detail about Integrated Yoga therapy for mental illness.

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

Program: BNYS(OB)

Subject: Yoga & Its Applications

Year Period: Aug, 2020 to July, 2021

Date: 29. 06. 2021

Examination Mode: Online

Year: 3rd Year

Subject Code: BNYS 303 T1

Batch: Aug, 2017, Aug, 2016 & Aug, 2015

Time: 02.30 pm to 04.30 pm

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. Avidya
2. Name the mudras and bandhas in Hatha Yoga
3. Stages of Samadhi
4. Types of Dhouti
5. Tantra Yoga
6. Alabdha bhumikatva

Short Essay (Attempt any four)

5 marks x 4 = 20Marks

7. Yoga for children
8. Kundalini Yoga
9. Yoga Nidra
10. Yoga for personality development
11. Explain in detail the effect of meditation on brain

Long Essay (Attempt any one)

10 marks x 1 =

10Marks

12. Explain the importance and nature of Iswara in the path of Yoga.
13. What is pranayama? Explain the effects of pranayama on various physiological systems.