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: April, 2025 to March, 2026
Date: 17/02/2026
Examination Mode: Regular

Year: 4th Year
Subject Code: BNYS 407 T
Batch: Dec, 2021/Nov, 2020/Aug, 2019
Time: 09.45 am to 12.45 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
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Reg No:

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

1. A diet with high fat, adequate protein and low carbohydrate is_____
   a. Vegetarian diet
   b. Vegan diet
   c. Atkins diet
   d. Ketogenic diet

2. _____is used as preventive measure in asthma
   a. Cold compress
   b. Steam bath
   c. Cold chest pack
   d. Facial steam

3. Honeycomb signs in the iris interprets_____
   a. Nerve weakness
   b. Inflammation
   c. Atrophy of organ
   d. Adhesions

4. Naturopathy is based on
   a. Foreign matter theory
   b. Germ theory
   c. Antibiotic theory
   d. Vatha Pitta Kapha theory

5. Fat burning hormone
   a. LH
   b. Glucagon
   c. Cortisol
   d. Insulin

6. Rule of nine is used to assess
   a. Psoriasis
   b. Migraine
   c. Degree of burn
   d. PCOS

7. A patient with fever is advised cold sponging because it:
   a. Stops sweating
   b. Reduces heat production
   c. Promotes heat loss
   d. Suppresses immune response

8. Chronic disease results from:
   a. Poor immunity
   b. Suppression of acute diseases
   c. Excess medication
   d. Old age

9. Which compound in green tea acts as a potent antioxidant?
   a. Theobromine
   b. Anthocyanin
   c. Epigallocatechin gallate (EGCG)
   d. Caffeine

10. Which dietary pattern lowers serum uric acid level most effectively?
    a. DASH diet
    b. Ketogenic diet
    c. High Protein diet
    d. High Fructose diet

Short Notes (Attempt any Ten) – 2 Marks for each Question **10 *02 =20 Marks**

11. Hydrotherapy for Constipation
12. Define Healing Crisis
13. Anti- inflammatory Diet
14. What is Body Mass Index (BMI)? Write the formula used to calculate BMI.
15. Beneficence
16. Cause of Disease according to Naturopathy
17. Define acne and mention two naturopathic therapies used for its treatment.
18. Diet therapy for Oedema
19. Lavender Oil
20. Chromo therapy for Bronchitis
21. Mono diet fasting
22. Mud Pack for Gastritis

Short Essay (Attempt any Six) – 5 Marks for each Question **06 *05 =30 Marks**

23. Screening and Prevention of disease through Naturopathy.
24. Naturopathy management in case of DVT
25. Naturopathy management of Hypothyroidism
26. Role of Naturopathy in Pregnancy
27. Describe the role of Lifestyle in disease causation
28. Naturopathy management of Peptic Ulcer
29. Management of Pain through Naturopathy
30. Naturopathy management for Diabetes Mellitus

Long Essay: (Attempt any Two) – 10 Marks for each Question **02* 10 =20 Marks**

31. Explain diseases of Respiratory system and their management in Naturopathy
32. What is Rheumatoid Arthritis? Explain etiology, clinical features, investigations and its management through naturopathy
33. A 35-year-old individual presents with excessive weight gain, sedentary lifestyle, increased appetite, and BMI of 32 kg/m^2. Based on this case, identify the condition; write the pathophysiology, complications and their naturopathic management.

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: April, 2025 – February, 2026
Date: 02.02.2026
Examination Mode: Regular

Year: 4th Year
Subject Code: BNYS 401T
Batch: Dec, 2021/Nov, 2020/Aug, 2019
Time: 09.45 am to 12.45 pm
Max. Marks: 80

General Instructions:

1. Read all the questions carefully and then start writing
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Reg No:

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

1. Which of the following element is improved with fasting therapy?
   a. Earth
   b. Fire
   c. Water
   d. Air

2. The Paryushan festival in Jainism involves fasting for:
   a. 7 days by both Shwetambara and Digambara
   b. 10 days by Shwetambara and 8 days by Digambara
   c. 8 days by Shwetambara and 10 days by Digambara
   d. 5 days by both Shwetambara and Digambara

3. Which of the following type of fasting is not advised in clinical practice?
   a. Mono diet fasting
   b. Juice fasting
   c. Dry fasting
   d. Intermittent fasting

4. Sugarcane juice is considered as:
   a. Liver tonic
   b. Cardiac tonic
   c. Renal tonic
   d. None of the above

5. In which of the following health conditions; banana is contra-indicated?
   a. CKD
   b. Bronchial Asthma
   c. Both a and b
   d. None of the above

6. What is Trophology?
   a. The science of food safety and hygiene
   b. The study of the nutritional value of foods
   c. The science of combining foods for optimal health
   d. The study of food preservation techniques

7. Which of the following practices is considered an auxiliary to fasting for maintaining mental clarity and emotional stability?
   a. Deep breathing and meditation
   b. Taking caffeine-based stimulants
   c. Engaging in heavy physical exercise
   d. Increased sugar intake

8. Papaya juice is not advised in which of the following condition?
   a. Constipation
   b. Pregnancy
   c. Lactation
   d. OA of Knee

9. How many Kcal is advised for a lactating women per day?
   a. 1600-1800
   b. 2000-2500
   c. 1200-1600
   d. None of the above

10. Which Upanishad contains the verse "tametam vedam vachanena brahmanavividishanthi yadena danena tapasa nashakena"?
   a. Taittiriya Upanishad
   b. Chandogya Upanishad
   c. Brihadaranyaka Upanishad
   d. Mandukya Upanishad

Short Notes (Attempt any Ten) – 2 Marks for each Question **10 *02 =20 Marks**

11. Explain the Emotional states and diet
12. Mention the vitamin C rich fruits and their role in immunity.
13. Define Therapeutic Fasting.
14. Fasting in Jainism
15. Add a note on Psychological Barriers during fasting
16. Explain any 2 medicinal Condiments for Respiratory Diseases?
17. Define Balanced diet and explain its composition?
18. Role of Soothening Diet in Gastritis.
19. Explain the benefits of fasting according to Astangahrudya?
20. Explain Electrolyte balance during fasting?
21. Describe the bio-active components and health benefits of pineapple?
22. Note on ABC juice

Short Essay (Attempt any Six) – 5 Marks for each Question **06 *05 =30 Marks**

23. Define sprouting, mention about methods and three foods that are commonly sprouted, specify the soaking duration for each?
24. Explain Autophagy-functions, importance and evidence?
25. Explain Hibernation and Brumation .
26. Describe Fasting for preservation of health and its benefits?
27. What are the Hygiene and auxiliaries of fasting?
28. Explain Infancy, dietary requirements and associated diseases?
29. Explain different methods & Nutrients lost during cooking process. Add a note on Nutrient preservation methods
30. Indian history of fasting according to Yajurveda, Manusmriti & M K Gandhi?

Long Essay: (Attempt any Two) – 10 Marks for each Question **02* 10 =20 Marks**

31. Classification of fasting. Explain in detail? Elaborate on physiological changes during fasting with evidence.
32. Evidence based Nutritional & Fasting therapy management in Obesity. Add a note on its Pathophysiology and grades of BMI?
33. What are the key dietary requirements for women during pregnancy and lactation to ensure optimal health? Add a note on Evidence based fasting and nutritional management of Fatty liver.

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
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Program: BNYS
Subject Name: First Aid and Emergency Medicine
Year Period: April, 2025 to March, 2026
Date: 13/02/2026
Examination Mode: Regular

Year: 4th Year
Subject Code: BNYS 406 T
Batch: Dec, 2021/Nov, 2020/Aug, 2019
Time: 09.45 am to 12.45 pm
Max. Marks: 80

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

1. What is the sequence of the chain of survival?
- **a)** Early CPR, early defibrillation, advanced life support, post-arrest care
- **b)** Early defibrillation, early CPR, post-arrest care, advanced life support
- **c)** Early post-arrest care, CPR, defibrillation
- **d)** Advanced life support, CPR, defibrillation

2. What is the safest way to control severe bleeding?
- **a)** Apply a tourniquet
- **b)** Apply direct pressure
- **c)** Keep the wound open
- **d)** Use alcohol to disinfect

3. Which ECG leads represent an Anterior Wall MI?
- **a)** II, III, aVF
- **b)** V1-V4
- **c)** I, aVL, V5, V6
- **d)** None of the above

4. A patient with a history of chronic lung disease presents with worsening shortness of breath, barrel chest, and use of accessory muscles. What condition should be suspected?
- **a)** Acute Respiratory Distress Syndrome (ARDS)
- **b)** Chronic Obstructive Pulmonary Disease (COPD) exacerbation
- **c)** Pneumonia
- **d)** Pulmonary embolism

5. A patient with a history of chronic liver disease develops altered mental status and asterixis. What is the most likely cause?
- **a)** Acute pancreatitis
- **b)** Hepatic encephalopathy
- **c)** Gastroenteritis
- **d)** Peptic ulcer disease

6. Which method is best for opening an airway in a suspected spinal injury?
- **a)** Head tilt-chin lift
- **b)** Jaw thrust technique
- **c)** Basic Life Support (BLS) method
- **d)** Mouth-to-mouth resuscitation

7. A 40-year-old man has recurrent episodes of severe left flank pain that radiates to the groin. Urinalysis reveals microscopic hematuria. What is the likely diagnosis?
- **a)** Pyelonephritis
- **b)** Renal colic due to kidney stones
- **c)** Acute renal failure
- **d)** Hepatic coma

8. Which is the most common cause of embolic stroke?
- **a)** Atrial fibrillation
- **b)** Hypertension
- **c)** Hyperlipidaemia
- **d)** Smoking

9. Which condition is characterized by confusion, hyperreflexia, and hyperthermia?
   a) Thyrotoxic Crisis
   b) Myxedema Coma
   c) Adrenal Crisis
   d) TIA

10. In Guillain-Barré Syndrome, which test confirms the diagnosis?
   a) EEG
   b) Lumbar puncture (CSF analysis)
   c) MRI brain
   d) Echocardiography

Short Notes (Attempt any Ten) – 2 Marks for each Question **10 *02 =20 Marks**

11. Define Beck's Triad.
12. List out the characteristics of high-quality cardiopulmonary resuscitation.
13. Define syncope.
14. Define compartment syndrome.
15. List out the indications of bandaging.
16. Enumerate the causes of hematemesis.
17. Describe the first-aid management of heat stroke.
18. List out the clinical features of GBS.
19. Define Near Drowning.
20. List out the clinical symptoms of tension pneumothorax.
21. Name the antidote of opioid poisoning.
22. Name the manual methods of airway opening

Short Essay (Attempt any Six) – 5 Marks for each Question **06*05 =30 Marks**

23. Describe the causes, classification, clinical features, and management of acute renal failure.
24. Define hypoglycaemia. List its common causes, clinical features, and outline the immediate management.
25. A 45-year-old patient suddenly collapses and is found unresponsive, with no breathing and no palpable pulse. What is your diagnosis, and what immediate management steps should be taken?
26. A patient with chronic liver disease presents with confusion, asterixis, and altered consciousness. What is the likely diagnosis? Explain the possible causes, diagnostic approach, and management.
27. A 25-year-old male presents after a snakebite on the foot with pain, swelling, and visible fang marks. He is conscious and hemodynamically stable. Describe the first aid management and indications for referral.
28. A 58-year-old male with a history of hypertension presents with severe headache, vomiting, and blurring of vision. On examination his blood pressure is 220/130mmHg. He is conscious but restless. Outline the immediate management.
29. A 40-year-old male is brought after his leg was trapped under heavy debris. The limb is swollen, painful, and bruised. Discuss the principles of first-aid management of a patient with a crush injury.
30. Explain in detail the different methods of transporting a patient with the assistance of two first-aiders, including the indications and precautions.

Long Essay: (Attempt any Two) – 10 Marks for each Question **02*10 =20 Marks**

31. A 30-year-old female with a history of severe sepsis presents with acute onset breathlessness. She is tachypneic, hypoxic (SpO_2 82% on room air), and chest X-ray shows bilateral diffuse infiltrates. Cardiac evaluation is normal. Write your investigation protocol and management with diagnosis.
32. A 25-year-old man presents 2 hours after sustaining flame burns over the face, trunk, and both upper limbs. Describe the assessment of burns, calculate the total body surface area burnt, and outline the initial management in the first 24 hours.
33. A 55-year-old patient is brought to the ER in an unconscious state. His GCS is 6, pupils are unequal, and he has irregular breathing. What are the possible causes? Outline the approach to assessment and management of an unconscious patient.

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
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Program: BNYS
Subject Name: Hydrotherapy and Mud Therapy
Year Period: April, 2025 – March, 2026
Date: 09.02.2026
Examination Mode: Regular

Year: 4th Year
Subject Code: BNYS 404 T
Batch: Dec, 2021/Nov, 2020/Aug, 2019
Time: 09.45 am to 12.45 pm
Max. Marks: 80

General Instructions:

1. Read all the questions carefully and then start writing
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Reg No:

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

1. Copious water drinking is contraindicated in
   a) Renal failure
   b) Hepatic cirrhosis
   c) Myocardial infarction
   d) Bronchial asthma

2. Elimination of Co2 and absorption of oxygen in lungs is enhanced by
   a) Short general cold
   b) Moderate general cold
   c) Prolonged general cold
   d) Prolonged general hot

3. Numbness can be seen in application
   a) Very cold
   b) Very hot
   c) Prolonged cold
   d) Prolonged hot

4. Cryotherapy means
   a) Ice cold application
   b) Cool application
   c) Cold application
   d) Tepid application

5. Peloid is:
   a) Synthetic mud.
   b) Matured mud or muddy dispersion with healing and/or cosmetic properties.
   c) Chemical pack
   d) None of the above

6. Peat Mud is
   a) Formed primarily in fresh water and saltwater lakes by decomposition of algae and aquatic fauna
   b) Derived from decayed plant material over thousand years
   c) Mineral mud
   d) None of the above

7. Classification of mud based on minerological composition
   a) Clay mud, Siliceous mud, Carbonate mud and Sulfur mud
   b) Earth mud, Lake Mud, Sea mud and Volcanic Mud
   c) Peat mud, Thermal mud, Lake mud and Earth Mud
   d) Clay Mud, Sulfur Mud, Siliceous mud and Lake mud

8. Preferred material for storing of mud
   a) Clay pots
   b) Glass Jars
   c) Food-grade plastic airtight containers
   d) All the above

9. What is the shelf life of dry mud?
   a) 3 months
   b) 6 months
   c) 10 months
   d) Up to 1 year

10. What should be the pH of the therapeutic mud

a) Acidic

b) Neutral

c) Neutral to alkaline - 6.5 to 8

d) Neutral to acidic - 3.5 - 7

Short Notes (Attempt any Ten) – 2 Marks for each Question **10 *02 =20 Marks**

11. Antonius Musa

12. Revulsive Douche

13. Fan douche

14. Cooling coil

15. Name different irrigations

16. Indications of Graduated Bath

17. Define action and reaction

18. Hydrotherapy for constipation

19. Methods to increase heat production

20. Cosmetic uses of mud

21. Apotherapia

22. Symptoms of incomplete reaction

Short Essay (Attempt any Six) – 5 Marks for each Question **06 *05 =30 Marks**

23. Hydriatic Management of Bronchitis

24. Contributions of Cullen

25. Calorimetry

26. Emergency treatments in hydrotherapy

27. Full wet sheet pack

28. Reflex organs and their reflex area of application

29. Procedure, Indication and contraindication of Hot food immersion

30. Management of Hypertension through hydrotherapy

Long Essay: (Attempt any Two) – 10 Marks for each Question **02* 10 =20 Marks**

31. Physiological effects of internal and external applications of cold on skin and metabolism.

32. Write the procedure, physiological effects and therapeutics of Turkish bath.

33. Explain in detail about Thermoregulation.

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
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Program: BNYS
Subject Name: Obstetrics and Gynaecology
Year Period: April, 2025 – March, 2026
Date: 04.02.2026
Examination Mode: Regular/Back Paper

Year: 4th Year
Subject Code: BNYS 402 T
Batch: Dec, 2021/Nov, 2020/Aug, 2019
Time: 09.45 am to 12.45 pm
Max. Marks: 80

General Instructions:

1. Read all the questions carefully and then start writing
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Reg No:

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

1. Most common indication for caesarean section is:
   a. Foetal distress
   b. Placenta previa
   c. CPD
   d. Previous cesarean section

2. Hypertension in pregnancy is diagnosed when BP is ≥:
   a. 130/80 mmHg
   b. 135/85 mmHg
   c. 140/90 mmHg
   d. 150/100 mmHg

3. Normal duration of pregnancy calculated from LMP is:
   a. 36 weeks
   b. 38 weeks
   c. 40 weeks
   d. 42 weeks

4. Hormone responsible for maintenance of pregnancy is:
   a. Oestrogen
   b. Progesterone
   c. Prolactin
   d. Oxytocin

5. Placenta is completely formed by:
   a. 8 weeks
   b. 10 weeks
   c. 12 weeks
   d. 16 weeks

6. Most common benign tumour of uterus is:
   a. Adenomyosis
   b. Endometriosis
   c. Fibroid
   d. Carcinoma

7. Average age of menopause in Indian women is:
   a. 35–40 years
   b. 40–45 years
   c. 45–50 years
   d. 55–60 years

8. Triad of ectopic pregnancy includes all EXCEPT:
   a. Amenorrhea
   b. Abdominal pain
   c. Vaginal bleeding
   d. Menorrhagia

9. Quickening is usually felt at:
   a. 8–10 weeks
   b. 12–14 weeks
   c. 16–18 weeks
   d. 24–26 weeks

10. Minimum number of ANC visits recommended by WHO is:

a. 2
b. 4
c. 6
d. 8

Short Notes (Attempt any Ten) – 2 Marks for each Question **10 *02 =20 Marks**

11. What is quickening?

12. Define lochia and its types

13. Briefly explain Causes of female infertility.

14. Trophoblast.

15. Differentiate between internal and external genitalia.

16. What is moulding and why is it important?

17. Define vaginismus

18. List out major urinary problems in female

19. Write down the common complications of third stage of labour

20. Define hysterectomy and its types

21. Management of PCOS-related infertility.

22. Define multiple pregnancy and most common type of multiple pregnancy

Short Essay (Attempt any Six) – 5 Marks for each Question **06 *05 =30 Marks**

23. Explain menopause—physiological changes, complications, and management

24. Explain hypertensive disorders of pregnancy with management

25. Define antenatal care and describe its objectives, schedule, and importance.

26. Explain abnormal uterine bleeding—causes and management.

27. Describe amniotic fluid and its functions

28. Explain placental and cord abnormalities.

29. Describe Pelvic Inflammatory Disease (PID)

30. Explain the different stages of labour and add a note on different obstetric grips

Long Essay: (Attempt any Two) – 10 Marks for each Question **02* 10 =20 Marks**

31. Explain the importance of nutrition. hydrotherapy and exercises in pregnancy and post-natal period

32. Explain the causes and management of anaemia in pregnancy.

33. Explain carcinoma cervix—aetiology, clinical features, diagnosis, and prevention

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
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Program: BNYS
Subject Name: Physical Medicine & Rehabilitation
Year Period: April, 2025 to March, 2026
Date: 11.02.2026
Examination Mode: Regular

Year: 4th Year
Subject Code: BNYS 405 T
Batch: Dec, 2021/Nov, 2020/Aug, 2019
Time: 09.45 am to 12.45 pm
Max. Marks: 80

General Instructions:

1. Read all the questions carefully and then start writing
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Reg No:

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

1. An object is said to be in equilibrium when-
   a) It is not stationery
   b) It is moving
   c) Resultant of all forces is zero
   d) Resultant of all forces causes movement

2. Which is the lever of speed?
   a) 1st order lever
   b) 2nd order lever
   c) 3rd order lever
   d) 4th order lever

3. Find the correct statement-
   a) There are 6 axes and 6 planes
   b) There are 4 axes and 4 planes
   c) There are 3 axes and planes
   d) There are 2 axes and 2 planes

4. Movements performed against an external force is called-
   a) Assisted exercise
   b) Active exercise
   c) Resisted exercise
   d) Active assisted exercise

5. What is coordination exercise?
   a) Exercises which involve smooth movements
   b) Exercises which train the body
   c) Exercises which train the body and brain to work smoothly
   d) Exercises which involve balance, strength and rhythm

6. Physiotherapy principles are used in order to-
   a) Improve the musculoskeletal dysfunctions
   b) Improve the neuromuscular dysfunctions
   c) None of the above
   d) Both a and b

7. Proton is-
   a) Positively charged
   b) Negatively charged
   c) Neutral
   d) None of the above

8. Ohm's law is represented as-
   a) V/I= R
   b) R= I/V
   c) V* I= R
   d) None of the above

9. A capacitor is used to
   a) Store electric charges
   b) Discharge electric charges
   c) Both a and b
   d) Neither a and b

10. Luminous means which-
    a) Does not glow
    b) Glows
    c) Fades
    d) Diminishes

Short Notes (Attempt any Ten) – 2 Marks for each Question **10 *02 =20 Marks**

11. Mention the frequency ranges of electrotherapy currents.
12. Indications of UST.
13. Classify types of UVR.
14. Name the superficial heating modalities
15. Explain how acute inflammation can restrict the JROM?
16. Which is the most comfortable starting position? Justify.
17. Define attenuation in UST.
18. Which form of exercise therapy is recommended for strengthening of hip abductors with power of Grade-2?
19. What are the positions of different joints in a side sitting position?
20. What is cadence?
21. What is Erythema formation in UVR? How is it used in treatment of patients?
22. Define LASER. What is population inversion?

Short Essay (Attempt any Six) – 5 Marks for each Question **06 *05 =30 Marks**

23. Explain physiological effects of IFT.
24. Mention the dosage of UST.
25. Give an insight on the progression of kneeling activity re-education.
26. Mention the types of muscle contraction with examples
27. Define transformer. Mention its types and function.
28. What are the contra indications of TENS?
29. Mention the properties of LASER.
30. Though TENS and IFT both are medium frequency, how are they different from each other?

Long Essay: (Attempt any Two) – 10 Marks for each Question **02* 10 =20 Marks**

31. What are low frequency currents? Explain their physiological effects.
32. Describe proprioceptive neuromuscular facilitation. List the components of PNF.
33. Describe classification of active movements. Write in brief about type of active movements.

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: Research Methodology & Recent Advances
Year Period: April, 2025 – March, 2026
Date: 19/02/2026
Examination Mode: Regular

Year: 4th Year
Subject Code: BNYS 408 T
Batch: Dec, 2021/Nov, 2020/Aug, 2019
Time: 09.45 am to 12.45 pm
Max. Marks: 80

General Instructions:

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Reg No:

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

1. The process of drawing conclusions about a population based on sample data is called:
   a. Descriptive statistics
   b. Inferential statistics
   c. Both
   d. None

2. Which measure of central tendency is most affected by extreme values?
   a. Mean
   b. Median
   c. Mode
   d. Range

3. The probability of rejecting a true null hypothesis is known as:
   a. Type I error
   b. Type II error
   c. Power
   d. Confidence level

4. _____ sampling ensures every individual has an equal chance of being selected.
   a. Stratified
   b. Random
   c. Purposive
   d. Convenience

5. Which of the following is NOT a non-probability sampling technique?
   a. Snowball
   b. Quota
   c. Cluster
   d. Convenience

6. Which test is appropriate for comparing means of more than two groups?
   a. t-test
   b. ANOVA
   c. Chi-square
   d. Regression

7. The Likert scale produces which type of data?
   a. Nominal
   b. Ordinal
   c. Ratio
   d. Interval

8. Which of the following is NOT a component of informed consent?
   a. Voluntariness
   b. Confidentiality
   c. Deception
   d. Information

9. The Declaration of Helsinki is primarily concerned with:
   a. Clinical trial registration
   b. Data analysis
   c. Ethical principles in human research
   d. Peer review

10. Which of the following is a measure of variability?
    a. Mean
    b. Median
    c. Standard deviation
    d. Mode

Short Notes (Attempt any Ten) – 2 Marks for each Question **10 *02 =20 Marks**

11. Define reliability in research.

12. Explain snowball sampling.

13. What is a null hypothesis?

14. Role of Institutional Ethics Committee (IEC).

15. Define plagiarism and its consequences.

16. Explain confidence interval.

17. What is triangulation in research?

18. Define effect size.

19. What is a pilot study?

20. Explain the concept of blinding.

21. What are the levels of evidence?

22. Salient features of research in management studies

Short Essay (Attempt any Six) – 5 Marks for each Question **06 *05 =30 Marks**

23. Explain the types of validity in research with examples.

24. Discuss the types and importance of literature review in research.

25. Differentiate between qualitative and quantitative research.

26. Explain the peer-review process and its significance.

27. Describe the types of research designs with examples.

28. Discuss the role of ethics in biomedical research.

29. What is the role of research in Yoga and Naturopathy? Elaborate with examples.

30. What are the methods of data collection in biomedical research?

Long Essay: (Attempt any Two) – 10 Marks for each Question **02* 10 =20 Marks**

31. Explain the steps in hypothesis testing with examples.

32. Explain sampling techniques in detail with their advantages and disadvantages.

33. What is research design? Describe key differences, advantages and disadvantages of experimental and non-experimental research designs.

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: April, 2025 – March, 2026
Date: 06.02.2026
Examination Mode: Regular

Year: 4th Year
Subject Code: BNYS 403 T
Batch: Dec, 2021/Nov, 2020/Aug, 2019
Time: 09.45 am to 12.45 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. Stress causes hyperactivity of involuntary organs through
   a) Group of spinal nerves
   b) Group of Cranial Nerves
   c) Sympathetic Nerves
   d) Parasympathetic Nerves

2. Immediate effect of Bhastrika pranayama on cardiovascular system is
   a) Increased heart rate
   b) Increased cardiac output
   c) Activation of sympathetic tone
   d) All of the above

3. Vibhagiya Savasana has
   a) 2 stages
   b) 4 stages
   c) 6 stages
   d) 9 stages

4. MEMT mainly aims at mastering
   a) Body
   b) Breath
   c) Emotions
   d) Mind

5. Baddha Konasana is useful in
   a) Migraine
   b) Irregular menstrual cycle
   c) Arthritis
   d) Gastritis

6. Concentration of normal saline is
   a) 0.1%
   b) 0.7%
   c) 0.9%
   d) 1%

7. Which pranayama is described as vitality-stimulating in Hatha Yoga Pradipika?
   a) Ujjayi
   b) Surya Bhedana
   c) Nadi Shodhana
   d) Bhramari

8. The word "Yoga" is derived from the Sanskrit root
   a) Yug
   b) Yuj
   c) Yuga
   d) Yujya

9. The Kriya known as "King of Kriyas" is
   a) Kapalabhati
   b) Nauli
   c) Antar Dhauti
   d) Vamana Dhauti

10. Vajrasana can be practiced
   a) Before food
   b) After food
   c) Only in morning
   d) During fasting

Short Notes (Attempt any Ten) – 2 Marks for each Question **10 *02 =20 Marks**

11. Definition of Shatkarmas according to Gheranda Samhita and Hatha yoga Pradipika
12. Is kapalabhati a pranayama? Justify your answer
13. Explain the concept of Efferent Vagal reactivity. How to manage with Yoga.
14. Psychoneuroimmunology
15. Can Trataka be done by patients with Epilepsy. If yes. How and when
16. Mention 5 practices should be given to Ankylosing Spondylosis
17. What is MEMT. Write down role of emotions in treating diseases
18. Differentiate Shreyas and Preyas
19. Neuroplasticity and yoga
20. Mention 5 specific practices from back pain special technique
21. Write down the Indications for Mooladhara Bandha and One Spiritual Benefit
22. Definition of stress according to yoga

Short Essay (Attempt any Six) – 5 Marks for each Question **06 *05 =30 Marks**

23. Briefly describe the role of Yogic Counselling in treating Cancer
24. Shatkarmas. Classify. Briefly explain the physiological effects of various types of Dhouti
25. Dysmenorrhea. Provide a detailed overview on management through IAYT
26. What is Parkinson's. Provide a detailed overview on management through IAYT
27. A brief on Sudarshan kriya Yoga
28. Panchakosha. Describe various practices under each kosha
29. Does sleep contribute to the cleansing of the brain? Briefly explain the physiological mechanisms involved and discuss how yogic practices facilitate this process.
30. PCOD. Diagnostic Criteria, Explain Role of Yoga in modulating HPO axis

Long Essay: (Attempt any Two) – 10 Marks for each Question **02* 10 =20 Marks**

31. A 20-year-old female visits a wellness and yoga therapy centre with chief complaint of irregular Bowel Habits for 3 years. On Investigation her gastric Emptying has enhanced and she develops frequent episodes of diarrhoea with bloating and mild pain in abdomen. Her Sleep cycle is disturbed from past 1 year. What is the diagnosis. Plan a detailed yoga therapy-based treatment for her.
32. A 65-year-old female with chief complaint of multiple joint pain (especially in fingers and toes) for 5 years. It becomes difficult for the patient to get up in the morning because of pain and stiffness in the joint. She is a known case of Diabetes and I' Hypertension for 6 years, maintaining well on medications. Her ESR- 80 mm /hr and CRP- 40mg/L. Plan a detailed management for the same.
33. A 60-year-old male complains of frequent urination, excessive thirst, increased fatigue, occasional tingling in fingers and toes, and blurred vision for 4 months. He has a history of mild hypertension and is overweight. Laboratory reports show FBS – 168 mg/dL, PPBS – 245 mg/dL, and HbA1c – 8.2%. He reports feeling anxious about managing diet and exercise. Plan a detailed Yogic management for the same.