

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: Acupuncture & Acupressure
Year Period: April, 2022 - March, 2023
Date: 14.06.2023
Examination Mode: Regular/Supplementary

Year: 3rd Year
Subject Code: BNYS 302 T1
Batch: Aug, 2019
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. Fluid secretion corresponding to Earth element.....
 - a. Saliva
 - b. Sweat
 - c. Sputum
 - d. Tears
2. Moxibustion was introduced in the time of.....
 - a. 1102 – 1106 AD
 - b. 1106 – 1110 AD
 - c. 1100 – 1102 AD
 - d. 1102 – 1104 AD
3. Location of Thirst point in Auriculotherapy.....
 - a. Anti Tragus
 - b. Tragus
 - c. Helix
 - d. Anti Helix
4. Specific point for aphasia.....
 - a. CV 20
 - b. CV 21
 - c. CV 22
 - d. CV 23
5. Viscerosomatic reflex theory is explained by.....
 - a. Kroegar
 - b. Felix Mann
 - c. Wei
 - d. Atlas
6. Alarm point for Pericardium.....
 - a. UB 13
 - b. UB 14
 - c. UB 15
 - d. UB 16
7. Pneumothorax can occur, due to needling on----point
 - a. Lingmen
 - b. Jianjing
 - c. Fengfu
 - d. Tianrong
8. Element corresponding to Liver meridian.....
 - a. Water
 - b. Wood
 - c. Metal
 - d. Earth
9. Location of Asthma point in Auriculotherapy.....
 - a. Anti Tragus
 - b. Tragus
 - c. Helix
 - d. Anti Helix
10. Most effective Acupressure point for nausea and vomiting is.....
 - a. LI 4
 - b. St 36
 - c. P 6
 - d. CV 17

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

11. Kirlian Photography
12. Yuan Qi
13. Subjective effects of acupuncture
14. Electro stimulator
15. Mention location and indication of the Xi-cleft point for Liver
16. Scalp acupuncture
17. Points in the intra tragic notch
18. Origin and development of acupressure
19. What are the 3 superficial organ pulses in the right hand
20. Jing well points
21. Confluent points
22. Embedding therapy

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

23. Explain about traditional Chinese diagnostic methods
24. Complication of Acupuncture and its treatment
25. Influential point with examples
26. Mention the 5 elemental points along the urinary bladder channel with location
27. Explain in detail about hand reflexology
28. Write in detail about electro acupuncture
29. Acupuncture for Dysmenorrhea – mention the point location and rationale behind acupuncture point
30. Explain in detail about indications, contraindications and precautions for auriculotherapy

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

31. Elaborate in detail about humoral theories in acupuncture. Short note on mother and son law in acupuncture
32. Write in detail about the tongue diagnosis according to TCM
33. Acupuncture for vertigo - mention the points with location and rationale behind the acupuncture point selection

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
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Program: BNYS
Subject Name: Manipulative Therapies
Year Period: April, 2022 - March, 2023
Date: 12.06.2023
Examination Mode: Regular/Supplementary

Year: 3rd Year
Subject Code: BNYS 301 T1
Batch: Aug, 2019
Time: 02.00 pm to 05.00 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. Le Capital Jeunesse is the book written by
 - a. William Turner
 - b. Rene Maurice Gattefosse
 - c. Marguerite Maury
 - d. Jean Valnet
2. Avacardo oil is pressed from which fruit?
 - a. Sesamum indicum
 - b. Persea americana
 - c. Helianthus annuus
 - d. None of the above
3. Botanical name of Hazelnut?
 - a. Corylas
 - b. Eucalyptus globules
 - c. Citrus reticulata
 - d. None of the above
4. Massage Principal and Techniques written by.
 - a. Gertrude Beard
 - b. Downing
 - c. Ruth E. Williams
 - d. Frances M.Tappan
5. Which technique is not under kneading movement...
 - a. Digital
 - b. Chucking
 - c. Rolling
 - d. Lateral knuckle
6. Chiropractic philosophy includes.
 - a. Holisim
 - b. Vertebral subluxation
 - c. Homeostasis
 - d. All of the above
7. Neroli use for...
 - a. Anxiety
 - b. Depression
 - c. Palpitations
 - d. All of the above
8. Who is called as masseuse?
 - a. Male practitioner
 - b. Female practitioner
 - c. Massotherapist
 - d. Massage technician
9. Reflexology is also known as
 - a. Zone therapy
 - b. Physiotherapy
 - c. Acupuncture
 - d. Trigar pain therapy
10. Which greek priest-physician combined exercise and massage to create gymnasium?
 - a. Asclepius
 - b. Herodicus
 - c. Hippocrates
 - d. Celsus

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

11. Benefits of head massage
12. Carrier oils
13. Define aroma therapy
14. Contra indications of abdominal massage
15. Uses of facial massage
16. Oils used in massage
17. Classification of percussion
18. Define stroking
19. Skin patch test
20. Dilution of aroma oils
21. Movements contraindicated in heart
22. Masseur and their basic character

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

23. Massage and its effects on nutrition
24. Mode of friction applied to various body parts
25. How to select aroma oils?
26. Explain about osteopathy
27. Rules and regulations of masseur
28. Explain about the natives of Sandwich Island, the Natives of Tonga island and Paracelsus
29. What do you mean by sedative effect in massage?
30. Explain Shiatsu massage

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

31. Describe the physiological effects of massage
32. Explain chiropractic in the following headings
 - a. Origin and Aims of chiropractic
 - b. Importance of spine in chiropractic and chiro examination
 - c. Effects of chiropractic
33. Neatly draw foot reflexology, label it, and write the benefit of same.

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: Modern Diagnosis

Year Period: April, 2022 - March, 2023

Date: 19.06.2023

Examination Mode: Regular/Supplementary

Year: 3rd Year

Subject Code: BNYS 306 T1

Batch: Aug, 2019 & 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
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Reg No:

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

1. Non- alcoholic Steato Hepatitis leads to:
 - a. Viral hepatitis
 - b. Cirrhosis
 - c. Hemochromatosis
 - d. Renal failure
2. Crackles at lung bases are seen in:
 - a. Pneumonia
 - b. LVF
 - c. Pulmonary edema
 - d. Bronchiectasis
3. Dermatological distribution of skin lesion is observed in
 - a. Necrobiosis Lipodica
 - b. Herpes
 - c. Lichen Planus
 - d. Syphillis
4. Palpable left sternal impulse is suggestive of
 - a. RVH
 - b. LVH
 - c. CCF
 - d. MR
5. Raised Anti – CCP levels are diagnostic feature of
 - a. MI
 - b. RA
 - c. Cirrhosis Liver
 - d. Vasculitis
6. Auscultation of opening snap is observed in
 - a. MS
 - b. MR
 - c. AR
 - d. AS
7. Wheeze indicates
 - a. Tuberculosis
 - b. Pulmonary oedema
 - c. Bronchial constriction
 - d. Lung Fibrosis
8. Hypomimia is observed in
 - a. Parkinson
 - b. Addison's
 - c. Alzheimer
 - d. Coma
9. Which of the following reflects iron supply?
 - a. Serum Iron
 - b. TIBC
 - c. Serum Ferritin
 - d. Ceruloplasmin
10. Distended Veins over chest wall is seen due to
 - a. Cardiomyopathy
 - b. SVC Obstruction
 - c. Tonsillitis
 - d. Bronchial CA

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

10*2 = 20 Marks

11. Hemoptysis and Hematemesis
12. Puddles Sign
13. Sputum examination
14. Stridor
15. Causes of abdominal distention
16. Delusions
17. GFR
18. Kyelonachia
19. Nystagmus
20. Rectal examination
21. Sjogren Syndrome
22. Indications of USG abdomen and pelvis

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

06*5 = 30 Marks

23. Ascites and its clinical examination
24. Cyanosis causes and types
25. Barium studies
26. Tests of coordination
27. Cardiac murmurs
28. Classify Angina and explain in detail about them
29. Describe the procedure of Lumbar Puncture and add a note on indications of Lumbar Puncture
30. Methods of palpation of the liver and add a note on hepatomegaly

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

10*2 = 20 Marks

31. Explain in detail about symptoms, signs and clinical examination of the respiratory system.
32. Explain in detail about the Vital data. (BP, Pulse, RR and Temperature)
33. Explain in detail about presenting complaints, signs and physical examination for Tuberculosis and add a note on Clinical Investigations

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
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Program: BNYS
Subject Name: Naturopathy Diagnosis
Year Period: April, 2022 - March, 2023
Date: 05.06.2023
Examination Mode: Regular/Supplementary

Year: 3rd Year
Subject Code: BNYS 305 T1
Batch: Aug, 2019
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
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Reg No:

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

1. The most dangerous type of encumbrance is _____
 - a. Front encumbrance
 - b. Back encumbrance
 - c. Side encumbrance
 - d. Mixed encumbrance
2. Which is also known as 'Art of Physiognomy'?
 - a. Facial diagnosis
 - b. Tongue diagnosis
 - c. Urine diagnosis
 - d. Lip diagnosis
3. Radii solaris can be maximum extended from
 - a. 1st Zone to 2nd Zone
 - b. 2nd Zone to 5th Zone
 - c. 1st Zone to 7th Zone
 - d. 7th Zone only
4. The Term used by the iridologist to indicate the qualitative and quantitative study
 - a. density
 - b. constitution
 - c. nerve wreath
 - d. nerve ring
5. When the endocrine system is affected which of the following changes in voice is seen
 - a. High frequency
 - b. Reduced frequency
 - c. Both a & b frequency
 - d. None of the above
6. Dis Harmony Line is otherwise called as
 - a. changeover line
 - b. Equilibrium line
 - c. Ear bladder line
 - d. Mouth hand line
7. Theory of toxemia was put forward by
 - a. Iagnatz von Peczely
 - b. Louis Khune
 - c. Henry Lindhalr
 - d. J.H.Tilden
8. Which of the following is not a circulatory indicator?
 - a. Arcus senilis
 - b. sodium ring
 - c. lymphatic rosary
 - d. circulatory ring
9. Gereontoxon is another name for
 - a. Radii Solaris
 - b. lymphatic Rosery
 - c. Arcus Senalis
 - d. Scurf Rim

10. Increase in the vertical lines in the nails is indicative of?

- a. Thyroid related disorder.
- b. Hyperacidity
- c. Diabetes mellitus
- d. Malabsorption

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

10*2 = 20 Marks

11. Sodium ring
12. Explain the features and character of healthy man
13. Herings Law of Cure.
14. Organs around the mouth in face map
15. Name two contributions of Louis kuhne
16. Define toxemia
17. Hydrargyris
18. Normal digestion
19. Mention the iris colour changes due to deposition of quinine, lead, arsenic, sulphur.
20. Write down the principles of new science of healing
21. Nerve rings
22. Name four abnormal findings in nail and its indications

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

06*5 = 30 Marks

23. Draw a neat diagram of the tongue and represents the different areas with normal and abnormal features.
24. Characteristics of normal stool and urine
25. Define sclerology
26. What is Encumbrance? Different types and its features.
27. How bad habits influence the healthy body?
28. Comparison of skin diagnosis with twakpareeksha in Ayurveda.
29. Principles and aims of facial diagnosis
30. Lymphatic Rosary

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

10*2 = 20 Marks

31. With a neat labelled diagram of Left Iris showing the location of various organs in it.
Add a note of vibration theory of iris diagnosis.
32. Define foreign matter? Explain how it causes disease and how it manifests in the human body and modalities to remove the foreign matter?
33. Describe in detail the circulatory indicators.

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
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Program: BNYS
Subject Name: Nutrition & Medicinal Herbs
Year Period: April, 2022 - March, 2023
Date: 07.06.2023
Examination Mode: Regular/Supplementary

Year: 3rd Year
Subject Code: BNYS 304 T1
Batch: Aug, 2019
Time: 02.00 pm to 05.00 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. Plasma HDL is inversely correlated with
 - a. Infarction
 - b. Marasmus disease
 - c. CAD
 - d. None of the above
2. Which of the following enzyme is present in coconut water?
 - a. Peroxidase
 - b. Dehydrogenase
 - c. Acid phosphatase
 - d. All of the above
3. Mixing ----- with fresh fruit prevents the fruit from turning brown?
 - a. Lemon juice
 - b. Melon
 - c. Mincing
 - d. Lettuce
4. Which of the following herb interacts with medications and reduces their effects?
 - a. Rauwolfia serpentina
 - b. Syzygium aromaticum
 - c. Curcuma longa
 - d. None of the above
5. Which of the following is an aphrodisiac?
 - a. Garlic
 - b. Turmeric
 - c. Clove
 - d. All of the above
6. The intake of which minerals is not affected by high intakes of foods containing phytic acid?
 - a. Calcium
 - b. Potassium
 - c. Zinc
 - d. Iron
7. Which one of the following is the first popular artificial sweeteners?
 - a. Sucrolose
 - b. Aspartame
 - c. Saccharin
 - d. Alitame
8. Which of the following is the most frequently used anthropometric measure to estimate body mass?
 - a. Fat-free mass
 - b. Body fat
 - c. Body height
 - d. Body weight

9. Which of the following is called as appetite hormone?

- a. Ghrelin
- b. Cortisol
- c. Leptin
- d. Endorphin

10. Which of the following does not have anti-microbial activity?

- a. Chlorophyll
- b. Organic acids
- c. Spice extracts
- d. Hydrogen peroxide

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

10*2 = 20 Marks

- 11. Note on Turmeric
- 12. Cuminum cyminum
- 13. Mention 4 Vitamin B 12 rich foods
- 14. Portfolio diet
- 15. Classification of BP
- 16. Magnesium
- 17. Benefits of Coconut
- 18. Tips for increasing fibre intake
- 19. Steatorrhea.
- 20. Define Basal Metabolic Rate
- 21. Define Bronchial Asthma
- 22. Name few galactogogues

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

06*5 = 30 Marks

- 23. Glycemic index
- 24. Nutrition and medical ethics.
- 25. Role of sound sleep in maintaining health
- 26. Write in detail about the anti-inflammatory properties of herbs
- 27. Role of hormones in controlling food intake of an individual.
- 28. Digestion & absorption of lipids
- 29. Nutritional requirements for Infants.
- 30. How does Alcohol consumption lead to liver disease?

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

10*2 = 20 Marks

- 31. Define oxidative stress. Write in detail about the factors causing oxidative stress and how it is affecting individual's health?
- 32. Define dietary fiber. Role of dietary fiber in combating constipation and preserving gut health.
- 33. What are the types of Renal calculi? Write in detail about dietary modifications for each type.

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
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Program: BNYS
Subject Name: Psychology & Basic Psychiatry
Year Period: April, 2022 - March, 2023
Date: 20.06.2023
Examination Mode: Regular/Supplementary

Year: 3rd Year
Subject Code: BNYS 307 T1
Batch: Aug, 2019
Time: 02.00 pm to 05.00 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. Psychologist Albert Bandura is most closely related with
 - a. Classical Conditioning
 - b. Observational learning
 - c. Operant Conditioning
 - d. Partial reinforcement
2. According to Freud, mind is made up of 3 different levels of awareness except
 - a. Conscious
 - b. Preconscious
 - c. Unconscious
 - d. Subconscious
3. Existentialist intelligence is part of
 - a. Spearman's intelligence
 - b. Thurstone intelligence
 - c. Gardner's intelligence
 - d. Weschler's intelligence
4. According to Sternberg, intelligence comprises analytical, creative and _____ aspects
 - a. Scientific
 - b. Practical
 - c. Artistic
 - d. Logical
5. Low ball technique is related to
 - a. Obedience
 - b. Compliance
 - c. Persuasion
 - d. Impression
6. Drug used for opioid overdose/ toxicity is:
 - a. Naloxone
 - b. Buprenorphine
 - c. Naltrexone
 - d. Methadone
7. Most common symptom associated with adult OCD?
 - a. Pathological doubt
 - b. Need for symmetry
 - c. Sexual thoughts
 - d. Aggressive thoughts
8. Which of the following is Bipolar Type 2?
 - a. Mania & Depression
 - b. Hypomania & Depression
 - c. Hypomania and Subsyndromal Depression
 - d. Mania & Subsyndromal Depression
9. Morbid fear of darkness is known as
 - a. Claustrophobia
 - b. Xenophobia
 - c. Mysophobia
 - d. Nyctophobia
10. Escape behavior with paroxysmal occurrence is seen in:
 - a. Phobic disorder
 - b. Anxiety disorder
 - c. OCD
 - d. Panic disorder

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

10*2 = 20 Marks

11. Mention any two differences between classical and operant conditioning.
12. Divergent thinking.
13. Classify Intelligence tests
14. Unconscious mind according to Sigmund Freud.
15. B.F. Skinner
16. Factitious Disorder
17. Difference between Compliance and Obedience
18. Optimists and Pessimists
19. Thought Blocking.
20. Circadian rhythm
21. Unipolar depression
22. Types of schizophrenia

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

06*5 = 30 Marks

23. Gestalt Principles of Grouping
24. Define Reinforcement. Add a note on its types with appropriate examples
25. Trait theories of Personality
26. Describe Maslow's Hierarchy of needs
27. Piaget's Stages of Cognitive Development.
28. Explain Major Depressive Disorder in detail with classification & diagnostic criteria.
29. Stages of Counselling process.
30. Types of Delusions and hallucinations with appropriate examples

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

10*2 = 20 Marks

31. Explain the biological bases of memory in the brain. Add a note on Memory disorders.
32. Explain in detail Erikson's Psychosocial Stages of Development
33. Write in detail about Anxiety Disorders

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
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Program: BNYS
Subject Name: Yoga & Its Applications
Year Period: April, 2022 - March, 2023
Date: 16.06.2023
Examination Mode: Regular/Supplementary

Year: 3rd Year
Subject Code: BNYS 303 T1
Batch: Aug, 2019, 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
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Reg No:

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

1. Spontaneous breath retention is known as
 - a. Antar Kumbhaka
 - b. Bahya Kumbhaka
 - c. Sahita Kumbhaka
 - d. Kevala Kumbhaka
2. In EEG, practice of Bhramari shows us?
 - a. Alpha waves
 - b. Beta waves
 - c. Theta waves
 - d. Gamma waves
3. The concept of Cyclic Meditation is taken from which upanisad?
 - a. kena
 - b. katha
 - c. mundaka
 - d. mandukya
4. Dukhanushayi _____?
 - a. Ragah
 - b. Dveshah
 - c. Avidya
 - d. Asmita
5. Transcendental meditation was introduced in the year....
 - a. 1960
 - b. 1954
 - c. 1950
 - d. 1959
6. How many Nadis are there in human body according to HYP?
 - a. 3,00,000
 - b. 72,000
 - c. 5,00,000
 - d. 6,00,000
7. Shatkarma is the preparation for
 - a. Meditation
 - b. Samadhi
 - c. Asanas
 - d. Pranayama
8. Baroreceptor Sensitivity was enhanced due to which yogic breathing practice?
 - a. Kapalabhati
 - b. Bhastrika
 - c. Surya Anuloma viloma
 - d. Ujjayi
9. Which practice is not performed during shakhaprakshalana?
 - a. Tadasana
 - b. Tiryaka tadasana
 - c. Ardha chakrasana
 - d. Udarakarshanasana
10. Most effective means of training the mind according to Yoga Nidra?
 - a. Vikalpa
 - b. Prakalpa
 - c. Parakalpa
 - d. Sankalpa

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

11. Name the ashtakumbhakas
12. Pramana
13. Mitahara
14. Hermitage for yoga practice
15. Practices for Vijnanamayakosha
16. Steps in Cyclic Meditation
17. Chidakasha
18. Iswara
19. Benefits of yoga for sportsmen
20. Ajna Chakra
21. Tantra yoga
22. Procedure of Surya bhedana

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

23. Explain Vipasana meditation with these headings: founder, concept, process and effects
24. Elaborate the effect of yoga in personality development
25. Explain the neuro-cognitive effects of meditation
26. The concept and stages of samadhi in Patanjali yoga sutra
27. Eye exercises
28. Different between the principles of Swatmarama and Patanjali
29. Explain the effect of bandhas on different system of body
30. Kapalbhathi and its benefits

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

31. Define pranayama. Explain the philosophical and evidence based physiological effects of pranayama.
32. Explain the importance of Samadhi pada in Ashtanga yoga
33. Explain Shatkriyas in detail