

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: Anatomy I

Year Period: Nov, 2023 – March, 2025

Year: 1st Year

Subject Code: BNYS 101 T1

Batch: Nov, 2023, Nov, 2022, Dec, 2021 & Nov, 2020

Date: 07.02.2025

Time: 09.45 am to 12.45 pm

Examination Mode: Regular/Back Paper

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. The carpal tunnel occurs due the following nerve?
 - a. Median nerve
 - b. Radial nerve
 - c. Axillary nerve
 - d. Ulnar nerve
2. A patient in surgery has no pectoralis major. What do you suspect?
 - a. Trauma
 - b. Drug-induced muscle hypoplasia
 - c. Atrophy of the muscle
 - d. Congenital absence of the muscle
3. The axillary nerve innervates which of the following muscles?
 - a. Coracobrachialis
 - b. Deltoid
 - c. Teres major
 - d. Subscapularis
4. The trapezius attaches to which of the following regions of the clavicle?
 - a. Lateral one-third of the clavicle
 - b. Conoid tubercle
 - c. Subclavian groove
 - d. Quadrangular tubercle
5. Syndactyl involves
 - a. extra fingers or toes.
 - b. absence of a digit or limb.
 - c. abnormal fusion of fingers and toes.
 - d. small hands or feet being attached to trunk by short bones instead of long bones.
6. Where is the groove for the subclavian artery located?
 - a. posterior to the scalene tubercle
 - b. on the clavicle
 - c. on the manubrium
 - d. at the sternal angle
7. The pleuropericardial membranes develop into what structures of the adult?
 - a. Fibrous pericardium
 - b. Diaphragm
 - c. Parietal pleura
 - d. Visceral pleura
8. The sympathetic fibers in the nerves to the jejunum and ileum originate in which of the following spinal cord segments?
 - a. C5–T1
 - b. T1–T5
 - c. T5–T9
 - d. T9–T12

9. Rugae are located in which of the following structures?
- Duodenum
 - Stomach
 - Cecum
 - Ileum

10. Which of the following ligaments encloses the portal triad?
- Hepatoduodenal
 - Hepatogastric
 - Gastrocolic
 - Hepatorenal.

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

10 *02 =20 Marks

- Name the muscles of rotator cuff.
- Structure related to the lower end of radius from lateral to medial.
- Nerves passing through cubital fossa
- Anastomosis around the scapula
- Adduction and Abduction
- Name the nerves pierces crures of diaphragm.
- Kyphosis
- Pericardial effusion
- Parts of Duodenum
- Arteries of anterior abdominal wall.
- Ectopic ureter
- Detrusor muscle.

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

06 *05 =30 Marks

- Origin insertion blood supply, nerve supply and actions of following muscles
a. Deltoid b. Biceps brachii
- Muscles of rotator cuff
- Typical and Atypical thoracic vertebrae
- Mediastinum
- Write short notes on:
a. Sinuses of pericardium
b. Interventricular septum
c. Valves of the heart
d. Comparison of right and left coronary arteries
e. Coronary sinus
- Anterior and posterior relations of kidneys.
- Blood supply, venous drainage, lymphatic drainage and nerve supply of stomach.
- Describe the supports of urinary bladder

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

02* 10 =20 Marks

- Describe the shoulder joint under following heading
a. Type and articular surfaces
b. Ligaments
c. Movements and muscles.
d. Blood and nerve supply.
- Describe the spleen under following headings
a. Parts b. Relation c. Blood supply d. Lymphatic drainage e. Applied anatomy
- Describe origin, course, termination, tributaries and clinical anatomy of great saphenous vein.

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Program: BNYS

Subject Name: Anatomy II

Year Period: Nov, 2023 – March, 2025

Date: 11.02.2025

Examination Mode: Regular/Back Paper

Year: 1st Year

Subject Code: BNYS 101 T2

Batch: Nov, 2023, Nov, 2022, Dec, 2021 & Nov, 2020

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. Which of the following muscles dorsiflexes the ankle?
 - a. Extensor digitorum longus
 - b. Fibularis longus
 - c. Soleus
 - d. Plantaris
2. The small saphenous vein empties into which of the following veins?
 - a. Femoral
 - b. Tibial
 - c. Peroneal
 - d. Popliteal
3. The grip of the malleoli on the trochlea is strongest during which of the following movements of the ankle?
 - a. Plantarflexion
 - b. Dorsiflexion
 - c. Eversion
 - d. Inversion
4. The paraurethral glands are homologues to which of the following structures?
 - a. Testes
 - b. Prostate
 - c. Seminal vesicles
 - d. Bulbourethral glands
5. The superior end of the vagina surrounds which of the following structures?
 - a. Round ligament.
 - b. Urogenital hiatus.
 - c. Urethra.
 - d. Cervix.
6. The scrotum arises from which of the following structures?
 - a. Mesonephric ducts
 - b. Paramesonephric ducts
 - c. Urethral folds
 - d. Genital swelling
7. Which of the following parts of the male urethra is the widest and most dilatable?
 - a. Preprostatic
 - b. Prostatic
 - c. Membranous
 - d. Spongy
8. Where are the second-order neurons of the spinothalamic tract located?
 - a. In the dorsal root ganglia
 - b. In the spinal cord
 - c. In the thalamus
 - d. In the hypothalamus

9. Cerebrospinal fluid is normally found in the ventricles of the brain and in this space around the CNS.
- Subarachnoid
 - Subdural
 - Epidural
 - Subpial

10. What type of cells are found in the cerebellum?
- Pyramidal cells
 - Granule cells
 - Purkinje cells
 - Astrocytes.

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

10 *02 =20 Marks

- Branches of internal iliac artery
- Meralgia paresthetica.
- Peroneal retinaculum.
- Piriformis syndrome.
- Linea aspera
- Pelvimetry.
- Tubal pregnancy.
- Salphingitis.
- Ejaculatory ducts
- Important gyri of frontal lobe.
- Important sulci which divide into lobes
- Cauda equina syndrome.

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

06 *05 =30 Marks

- Hamstring muscles- attachment, nerve supply, action
- Popliteal fossa- its border, floor, roof and contents.
- Explain in detail testis with neat labelled diagram
- Explain in details with diagram female internal genital organs
- Explain in detail thyroid gland with neat labelled diagram.
- Lumbo-sacral Plexus.
- Write a short essay on meninges and its blood supply.
- Describe the extrinsic and intrinsic muscles of tongue. Discuss their actions and importance of genioglossus muscle.

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

02* 10 =20 Marks

- Muscles of gluteal region under following headings
 - Origin and insertion
 - Blood supply and nerve supply.
 - Action
- Describe the pancreas under following headings
 - Parts
 - Relation
 - Blood supply
 - Lymphatic drainage
 - Applied anatomy.
- Write short notes/enumerate:
 - Cornea
 - Choroid
 - Structures piercing the sclera
 - Layers of retina
 - Ciliary muscles
 - Lens
 - Aqueous humour

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
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Program: BNYS
Subject Name: Biochemistry
Year Period: Nov, 2023 – March, 2025
Date: 18.02.2025
Examination Mode: Regular/Back Paper

Year: 1st Year
Subject Code: BNYS 103 T
Batch: Nov, 2023 & Nov, 2022
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. Eukaryotic cells contain a unique cluster of membrane vesicles known as
 - a. Dictyosome
 - b. Microsomes
 - c. Lysosomes
 - d. Mesosomes
2. Deterioration of food (rancidity) is due to presence of
 - a. Cholesterol
 - b. Vitamin E
 - c. Peroxidation of lipids
 - d. Phenolic compounds
3. An inducer is absent in the type of enzyme
 - a. Allosteric enzyme
 - b. Constitutive enzyme
 - c. Co-operative enzyme
 - d. Isoenzymic enzyme
4. Burning foot syndrome' has been ascribed to the deficiency of
 - a. Pantothenic acid
 - b. Thiamine
 - c. Cobalamin
 - d. Pyridoxine
5. Hyperkalaemia is caused by:
 - a. Potassium.
 - b. Sodium.
 - c. Chlorine.
 - d. Cobalt.
6. The key enzyme that converts trypsinogen to trypsin is
 - a. Secretin
 - b. Chymotrypsin
 - c. Elastase
 - d. Enteropeptidase
7. The end product of glycolysis under anaerobic condition is:
 - a. Lactate
 - b. Acetyl CoA
 - c. Pyruvate
 - d. Glycogen
8. Amino acid that directly participates in the synthesis of heme:
 - a. Methionine
 - b. Glutamate
 - c. Glycine
 - d. Succinate
9. Epinephrine and norepinephrine are the hormones of:
 - a. Adrenal cortex
 - b. Adrenal medulla
 - c. Pituitary gland
 - d. Gonads

10. Which of the following enzymes is used to join two DNA fragments?
- DNA polymerase
 - DNA ligase
 - Topoisomerase
 - Helicase

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

10 *02 =20 Marks

- Ribosomes
- Glycolipids
- Difference between haloenzyme and coenzyme.
- Functions of fluorine
- Absorption of monosaccharides
- Lactic acidosis
- List the physiologic importance of L-Aspartic acid.
- Adipokines
- Glycaemic index
- Bilirubin
- Codon and anticodon
- Functions of adrenocorticoids

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

06 *05 =30 Marks

- Draw a structure of eukaryotic cells and explain their functions
- Properties of triglycerides
- Describe the chemistry, biochemical functions, daily requirements, sources and deficiency manifestations of riboflavin
- Explain biochemical functions, absorption, storage, storage, diseased states of iron.
- Emulsification of lipids in small intestine.
- Write a description of the 'Nucleotide Excision Repair'
- Describe in detail the integration of the major metabolic pathways of energy
- Abnormal hemoglobinopathies.

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

02* 10 =20 Marks

- Describe the chemistry, biochemical functions, daily requirements, sources and deficiency manifestations of thiamine
- Add an account of reactions and regulation of glycolysis.
- Discuss the biosynthesis of heme. Add a note on the regulation of heme synthesis.

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
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Program: BNYS

Subject Name: Philosophy of Nature Cure

Year Period: Nov, 2023 – March, 2025

Date: 20.02.2025

Examination Mode: Regular/Back Paper

Year: 1st Year

Subject Code: BNYS 104 T

Batch: Nov, 2023

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. Xanthine Oxidase is found in:
 - a. Cow Milk
 - b. Green Leafy Vegetables
 - c. Goat Milk
 - d. Curd
2. "Clay pastor" or Earth Vicar"
 - a. Freud
 - b. Luois Pasteur
 - c. Arnold Rickli
 - d. Emanuel Felke
3. Friction Sitz Bath was introduced by -----
 - a. Adolf Just
 - b. Emmanuel Felke
 - c. Louis Kuhne
 - d. J H Tildon
4. Non Specific Host defense that exist prior to exposure to an antigen is called:
 - a. Acquired Immunity
 - b. Innate Immunity
 - c. Adaptive Immunity
 - d. All of these
5. Accumulation of exudates, pus formation is seen in:
 - a. Incubation.
 - b. Abatement.
 - c. Aggravation.
 - d. Destruction
6. Innate immunity involves all except:
 - a. Anatomic Barriers
 - b. Phagocytes
 - c. Inflammatory Mechanisms
 - d. Antibody Production
7. Stomach clear out pathogens by:
 - a. Secreting HCL
 - b. Secreting Digestive Enzymes
 - c. Both a & b
 - d. None of these
8. Following are Non-Enzymatic Anti-Oxidant
 - a. Uric Acid
 - b. Glutathione Reductase
 - c. Glutathione Peroxidase
 - d. Catalase
9. Following are the Medical ethics except:
 - a. Respect for Autonomy
 - b. Maleficence
 - c. Beneficence
 - d. Informed Consent

10. What is "potentization" in homeopathy?
- Increasing the dosage of the medication for faster healing
 - Combining multiple remedies for broad-spectrum action
 - Diluting and shaking a substance to increase its potency
 - Administering remedies only in their natural form

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

10 *02 =20 Marks

- Holistic approach of Naturopathy
- Hering's Law of Cure
- Kuhne's view about cleanliness.
- Mention the therapies that comes under Kneipp's therapy.
- Cardinal Signs of Inflammation
- Causes of Lowered Vitality
- Abatement.
- Difference between Conventional Medicine (Allopathy) and Nature Cure (Naturopathy)
- Define detoxification
- Steps in Lipid Peroxidation
- Facial Diagnosis
- Shareera Dharma

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

06 *05 =30 Marks

- Sigmund Freud and his contribution to Nature Cure.
- John Harvey Kellog
- Explain "Body heals itself".
- Explain the different stages of Inflammation
- Explain Theory of Toxemia.
- Free radicles
- Comparative study of Naturopathy with other systems of Medicine.
- Psychoneuroimmunolgy

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

02* 10 =20 Marks

- Unity of Disease & Unity of Cure
- Arogyarakshaka Panchatantra
- Explain about Complementary and Alternative Medicine and Importance of Integrative Medicine in current world.

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
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Program: BNYS

Subject Name: Physiology I

Year Period: Nov, 2023 – March, 2025

Date: 13.02.2025

Examination Mode: Regular/Back Paper

Year: 1st Year

Subject Code: BNYS 102 T1

Batch: Nov, 2023, Nov, 2022, Dec, 2021 & Nov, 2020

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. Transcytosis is also known as _____
 - a. cell eating
 - b. cell drinking
 - c. transport extracellular macromolecule
 - d. transport of intracellular micromolecule
2. Which WBCs release heparin and histamine?
 - a. Basophils
 - b. Neutrophils
 - c. Monocytes
 - d. Eosinophils
3. What is Pyknosis?
 - a. Process by which nucleus disappears
 - b. Process of cell degradation
 - c. Process of necrosis
 - d. Apoptosis
4. What will cause the sinoatrial (SA) node to depolarize more frequently?
 - a. Acetylcholine
 - b. Norepinephrine
 - c. Parasympathetic stimulation
 - d. Vagus nerve
5. Rate of Pulse increases during following, except
 - a. Exercise.
 - b. Pregnancy.
 - c. Emotional conditions.
 - d. Sleep.
6. Lung compliance is increased in
 - a. pulmonary emphysema
 - b. pulmonary fibrosis
 - c. surfactant deficiency
 - d. acute pulmonary edema
7. Boyle's law states that gas volume is ____
 - a. directly proportional to pressure
 - b. directly proportional to temperature
 - c. inversely proportional to pressure
 - d. inversely proportional to temperature
8. Cholecystokinin is made up of ----- amino acids
 - a. 24
 - b. 30
 - c. 39
 - d. 27
9. Which electrolyte is most abundant in the extracellular fluid?
 - a. Sodium
 - b. Potassium
 - c. Calcium
 - d. Magnesium
10. Cristae are associated with?
 - a. Mitochondria
 - b. Cytoplasm
 - c. Vacuole
 - d. Ribosomes

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

11. What is Symport?
12. Which molecules are transported through simple diffusion through lipid layer?
13. Name different cell adhesion molecules.
14. Rouleaux formation.
15. What is reticulocyte?
16. Jugular Veinous pulse.
17. What is Bainbridge reflex?
18. Transpulmonary pressure.
19. Dead space
20. What is migrating motor complex?
21. What is crypts of Lieberkühn?
22. Name the nerve supply of urinary bladder.

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

23. Explain the process of phagocytosis
24. Explain hemophilia, causes, types, symptoms, and treatment.
25. Explain in detail about Hemolytic anemia
26. Explain Renin- angiotensin mechanism.
27. Draw a labelled diagram of spiogram with its volumes and capacities.
28. What is mass peristalsis? Elaborate defecation reflex.
29. Name different bile pigments. Explain in brief about it's formation and fuction.
30. Draw and label the structure of nephron. Add note on hormones of juxtaglomerular apparatus.

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

31. Give an account of extrinsic mechanism of coagulation of blood. Give a brief description of bleeding disorders
32. Define cardiac cycle. Describe the events of cardiac cycle
33. Elaborate the functions of gastric juice. Add note on secretion of hydrochloric acid.

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
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Program: BNYS
Subject Name: Physiology II
Year Period: Nov, 2023 – March, 2025

Year: 1st Year
Subject Code: BNYS 102 T2
Batch: Nov, 2023, Nov, 2022, Dec, 2021 & Nov, 2020
Time: 09.45 am to 12.45 pm
Max. Marks: 80

Date: 15.02.2025
Examination Mode: Regular/Back Paper

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. Which of the following is not cell type of islets of Langerhans?
 - a. A- cells
 - b. D- cells
 - c. PP- cells
 - d. C- cells
2. Corpus luteum is the source of secretion of
 - a. LH
 - b. Estradiol
 - c. Estrogen
 - d. Progesterone
3. A common connective tissue layer holding together the skeletal muscle bundles is ____
 - a. Aponeurosis
 - b. Fascia
 - c. Endomysium
 - d. Perimysium
4. Afferent neurons carry nerve impulses from
 - a. CNS to muscles
 - b. CNS to receptors
 - c. Receptors to CNS
 - d. Effector organs to CNS
5. Joint Positioning sensation is transmitted by:
 - a. Anterior spinothalamic tract.
 - b. Lateral spinothalamic tract.
 - c. Spinotectal tract.
 - d. Dorsal column medial lemniscal system
6. Axons of ganglion cells in the retina terminates in?
 - a. Lateral geniculate nucleus
 - b. Medial geniculate nucleus
 - c. Pretectal nucleus
 - d. Superior colliculus
7. Inner hair cells in the organ of Corti are depolarized by:
 - a. K influx
 - b. NA influx
 - c. Ca influx
 - d. Closure of K channels
8. Which is necessary hormone for spermatogenesis?
 - a. Follicle-stimulating hormone (FSH)
 - b. ADH
 - c. Activin
 - d. Aldosterone

9. The connective tissue covering of a fascicle is known as
- Endomysium
 - Perimysium
 - Tendon
 - Epimysium

10. Which of the following is a part of the rhombencephalon?
- Medulla
 - Substantia nigra
 - Thalamus
 - Temporal lobe

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

10 *02 =20 Marks

- Function of melatonin
- Function of renin
- Name different types of prostaglandins.
- Androgen.
- Braxton hicks contraction
- Draw a microscopic view of sarcomere and label it.
- What is resting membrane potential?
- Babinski sign.
- Astereognosis
- Rhodopsin
- Presbyopia
- Wernicke area

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

06 *05 =30 Marks

- Elaborate in detail about synthesis, transport & fate of adrenocortical hormones.
- Describe spermatogenesis and list factors regulating it.
- Give an account on the placental hormones and their role in pregnancy
- Describe excitation contraction coupling.
- Pyramidal tracts.
- Brown Sèquard syndrome.
- Lesions of visual pathway
- Elaborate Internal capsule.

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

02* 10 =20 Marks

- What are catecholamines? Explain the synthesis, metabolism, actions and regulation of secretion of catecholamines
- Describe the physiological mechanism involved in the normal menstrual cycle. Add a note on test of pregnancy.
- What are the components of basal ganglia? Give an account on connections, functions, and disorders of basal ganglia. Add a note on Parkinsonism.

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: Principles of Yoga
Year Period: Nov, 2023 – March, 2025
Date: 22.02.2025
Examination Mode: Regular/Back Paper

Year: 1st Year
Subject Code: BNYS 105 T
Batch: Nov, 2023 & Nov, 2022
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. The definition of Yoga according to Yoga Vasistha is
 - a. Yujiyate anen iti Yogah
 - b. Yoga karmasu kaushalam
 - c. Manah prashamopayah Yogah
 - d. YogahchittaVrittiNirodah
2. Samatava Yogah Uchayate- is explained in which sloka of Bhagavad Gita?
 - a. 2/50
 - b. 2/48
 - c. 3/50
 - d. 3/48
3. Hatha yoga pradeepika is written by
 - a. Srinivas Bhat
 - b. Sankaracharya
 - c. Swatmarama
 - d. Maharishi Vyas
4. Chanting the glories of GOD is known as
 - a. Sravanam
 - b. Mananam
 - c. Keertanam
 - d. None
5. The function of Kurma upaprana is
 - a. Mensuration.
 - b. Burping.
 - c. Sneezing.
 - d. Blinking
6. Inhaling through left nostril and exhaling through right nostril is which practice
 - a. ChandraNadi
 - b. Surya bhedana
 - c. Nadi suddhi
 - d. Chandra bhedana
7. In hatha yoga "Tha" represented to which Nadi
 - a. Ida
 - b. Pingala
 - c. Sushumna
 - d. a & c
8. During Sthala Basti which Asana needs to perform
 - a. Paschimottanasana
 - b. Ustrasana
 - c. Pavanamuktasana
 - d. Bhujangasana
9. Lesson plan determines
 - a. Learning objectives
 - b. School objectives
 - c. Principals objectives
 - d. a & b

10. Knowledge of magical formula?

- a. Sama veda
- b. Rig veda
- c. Yajur veda
- d. Atharva veda

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

10 *02 =20 Marks

11. Definition of yoga according to Kathopanishad ,
12. Define Mantra Yoga
13. Define Agami Karama.
14. Define Para Bhakti
15. Mention the yoga programs provided by Isha yoga
16. Yajur Veda
17. Practices for Manomaya Kosha.
18. Function of Udana prana
19. List 4 benefits of Setubandhasana
20. List the textbooks of Hatha yoga.
21. Name of Kapalbhathi according to Gherand Samhita
22. Importance of Demonstration method.

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

06 *05 =30 Marks

23. How to awaken the Kundalini?
24. Explain Sudarshan Kriya Yoga
25. Mention the steps of VISAK
26. Explain the concepts discussed in Taittiriya Upanishad
27. Rules and regulations for the practice of Asanas.
28. Write the procedure of Garudasana
29. Tantraraja tantra
30. Explain the audio-visual aids and extra class practice.

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

02* 10 =20 Marks

31. Explain the contribution of Sri Ramakrishna and Swami Vivekananda in the field of yoga.
32. Define Transcendental Meditation (TM), the science behind the practice, how the T.M work and the benefits of T.M
33. Explain in detail the concepts of Mitahara, Pathya, and Apathya