

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: Dietetics & Nutrition
Sem Period: August, 2025 to December, 2025
Date: 29.11.2025
Examination Mode: Supplementary

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. Name the different types of Fats
2. What is a balanced diet?
3. Name few iron rich foods
4. Types of Carbohydrates
5. What are the different types of Vitamins?
6. What are essential nutrients?
7. What is food science?
8. What are the types of proteins?
9. What is nutrition?
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. Explain RDA. What are the factors affecting RDA?
14. What are anthropometric measurements?
15. What are the etiologies of obesity?
16. What are the sources and functions of Calcium?
17. What are the sources and functions of Vitamin B Complex?
18. Give brief note on the significance and importance of cereals and millets
19. Draw the structure of food pyramid and explain
20. What are antioxidants? Explain the role of antioxidants
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. Explain in detail about the anthropometric and the clinical assessments
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

