

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: 24.02.2023

Examination Mode: Regular / Back Paper

Year: 3rd Year

Subject Code: BNYS 302 T1

Batch: August, 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
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. All pain impulse is first controlled and modulated in.....
 - a. Thalamus
 - b. Midbrain
 - c. Spinothalamic tract
 - d. Substantia gelatinosa
2. Which of the following needle has been mentioned in the classic Ling Shu Jing?
 - a. Roller needle
 - b. Muscle embedding needle
 - c. Pellet needle
 - d. Cutaneous needle
3. Most powerful analgesic point.....
 - a. Hegu
 - b. Quchi
 - c. Neiting
 - d. Both a & c
4. Injury to medulla oblongata can occur, due to needling on----point.
 - a. CV 17
 - b. UB 10
 - c. GB 19
 - d. TW 17
5. Point lying in close proximity to ulnar nerve.....
 - a. LU – 5
 - b. H – 7
 - c. SI – 8
 - d. TW – 5
6. Traditional Chinese diagnostic methods include.....
 - a. Smelling
 - b. Examination of the ear
 - c. History of dreams
 - d. All of the above
7. Anesthetic acupuncture point for Caesarean section.....
 - a. Sp 6
 - b. Sp 7
 - c. Sp 8
 - d. Sp 9
8. Moxibustion was introduced in the time of.....
 - a. 1102 – 1106 AD
 - b. 1106 – 1110 AD
 - c. 1100 – 1102 AD
 - d. 1102 – 1104 AD
9. -----is the effective acupuncture point to treat syncope.
 - a. Shaochong
 - b. Shaofu
 - c. Shenmen
 - d. Yinxi

10. A 75 years old male came to a physician with the complaints of dry mouth and difficulty in swallowing while having food. He is the known case of laryngeal carcinoma and also had undergone chemotherapy. Which of the following specific acupuncture point is advisable to treat dry mouth?
- Quchi
 - Yingxiang
 - Erjian
 - Nose Heliao

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

10*2 = 20 Marks

- YECIM
- Xian Tian Chi
- Mu Alarm point
- Phenomenon of Propagated Sensation along the Channel (PSC)
- Weizhong - location and peculiarities
- Posterior branch of GB meridian
- Daimai - location and therapeutic indication
- List out the different aspects for tongue diagnosis according to TCM
- Language are 2 in scalp acupuncture - Location and therapeutic indication
- Criteria for applying TENS acupuncture
- List out the reflexological zone areas
- Mention scalp acupuncture areas for treating bell's palsy

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

06*5 = 30 Marks

- 10 beliefs of Taoism religion
- Explain in detail about neurological theories of acupuncture
- Confluent point with examples.
- Vulnerable acupuncture points in different areas in the body
- Draw a map of the tongue according to TCM and label it
- Explain in detail about moxibustion
- Physiological mechanism behind acupressure
- Explain in detail about management of carpal tunnel syndrome by acupuncture with proper justification

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

10*2 = 20 Marks

- Elaborate in detail about the different methods for locating acupuncture points. Short note on distal points
- Explain in detail about the pathway, 10 therapeutically important point's location along with their chinese names, peculiarities, needling technique and indications of DU meridian along with diagram
- Acupuncture for IBS - mention the points with location and rationale behind the acupuncture point selection

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: Manipulative Therapies
Year Period: April, 2022 – March, 2023
Date: 22.02.2023
Examination Mode: Regular

Year: 3rd Year
Subject Code: BNYS 301 T1
Batch: August, 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. Massage Principal and Techniques written by..
 - a. Gertrude Beard
 - b. Downing
 - c. Ruth E. Williams
 - d. Frances M.Tappan

2. Shi means.
 - a. finger
 - b. pressure
 - c. friction
 - d. stroke

3. Which technique is not under kneading movement...
 - a. digital
 - b. chucking
 - c. rolling
 - d. lateral knuckle

4. The massage room temperature should be...
 - a. 75-80 degrees F
 - b. 65-80 degrees F
 - c. 70-80 degrees F
 - d. 55-70 degree F

5. Which of the following is correct for the partial pressure of oxygen in alveoli?
 - a. less than carbon dioxide
 - b. less than the blood
 - c. more than the blood
 - d. equal to that of the blood

6. The neuron cell is made up of which of the following parts?
 - a. Axon
 - b. Dendrite
 - c. Nucleus
 - d. All of the above

7. The father and founder of Thai Yoga Massage...
 - a. Jivaka Kumarbhaccha ,
 - b. Jivan kumar,
 - c. Jivan mandal,
 - d. None of the above

8. Chiropractic philosophy includes..
 - a. Holisim,
 - b. Vertebral subluxation,
 - c. Homeostasis,
 - d. All of the above

9. Osteopathy is conceived in...
 - a. 18th century
 - b. 15th century
 - c. 20th century
 - d. 15th century

10. Neroli use for...
 - a. Anxiety,
 - b. Depression,
 - c. Palpitations ,
 - d. All of the above

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

10*2 = 20 Marks

11. Egypt's contribution to massage?
12. Who wrote the book "Mosby's fundamentals of therapeutic massage"?
13. Techniques come under Kneading
14. What is the position of the masseur and receiver?
15. What are the accessory digestive organs?
16. Walls of GIT
17. Types of stone used in Hot-stone therapy
18. Samsarjana karma
19. Mention different types of balinese massage
20. Define chiropractic
21. Use of Peppermint
22. Contra-indication reflexology

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

06*5 = 30 Marks

23. Explain about the natives of Sandwich Island, the Natives of Tonga Island and Paracelsus.
24. Explain in details Massage Mediums
25. What do you mean by sedative effect in massage
26. How does massage help in detoxification.
27. Explain purva karama and pradhan karama.
28. Explain Shiatsu massage.
29. write about osteopathy history and principles.
30. Write about Rosemary and Sandalwood essential oil

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

10*2 = 20 Marks

31. Effect of massage on the musculoskeletal system.
32. History and Physiological effects and benefits of Chiropractic.
33. Neatly draw hand 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: 07.03.2023

Examination Mode: Regular /Back Paper

Year: 3rd Year

Subject Code: BNYS 306 T1

Batch: August, 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
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Reg No:

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

1. Pain, tenderness and swelling of the inguinal lymph nodes, spermatic cord and scrotum is observed in
 - a. Septic Lymphadenitis
 - b. Syphilitic Lymphadenitis
 - c. Filarial Lymphadenitis
 - d. Infectious mononucleosis
2. A plug of sebum and keratin wedged in dilated pilosebaceous orifice on the face is
 - a. Freckle
 - b. Comedo
 - c. Crust
 - d. Millium
3. Which of the following is true about reflexes?
 - a. LMN gives brisk reflex
 - b. Extensor Plantar is LMN lesion
 - c. Flexor plantar is the UMN lesion
 - d. None of the above
4. Bouchard's nodes are features of
 - a. RA
 - b. OA
 - c. Gout
 - d. All the above
5. Auscultation of opening snap is observed in
 - a. MS
 - b. MR
 - c. AR
 - d. AS
6. Azotaemia is
 - a. Increased Albumin level
 - b. Increased Creatinine
 - c. Increased Urea products
 - d. Increased total protein
7. Which of the following reflects iron supply?
 - a. Serum Iron
 - b. TIBC
 - c. Serum Ferritin
 - d. Ceruloplasmin
8. Pink Frothy Sputum is Produced in
 - a. Pulmonary edema
 - b. Tuberculosis
 - c. Chronic Bronchitis
 - d. Emphysema
9. Shifting dullness is positive at level of abdominal fluid
 - a. 1000-1500 ml
 - b. 120 ml
 - c. 500 ml
 - d. >100 ml
10. Hypomimia is observed in
 - a. Parkinson
 - b. Addison's
 - c. Alzheimer
 - d. Coma

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

10*2 = 20 Marks

11. Pectus Carinatum
12. Dysarthria
13. Anacrotic Pulse
14. Pulsus Bigeminus
15. Erbs Area
16. Trosiers sign.
17. Kussmauls respiration
18. Meningeal signs
19. Hemiballismus
20. Signet ring sign
21. FNAC
22. Classification of CKD based on GFR.

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

06*5 = 30 Marks

23. Define and classify cyanosis, and add a note on the clinical implications of cyanosis
24. Jaundice and its types. Add a note on LFT
25. Mention different types of skin lesions and add a note on skin patch test
26. Methods of palpation of the liver and add a note on hepatomegaly
27. Mention the difference between UMN and LMN lesions
28. ILAE classification of seizures
29. Explain different methods of Barium studies.
30. Hepatitis causes types and investigation.

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

10*2 = 20 Marks

31. Explain in detail about presenting complaints, signs and physical examinations in MI. Add a note on clinical Investigations in MI.
32. Explain in detail about evaluation of cerebellar signs and add a note on Cerebellar Ataxia
33. Mention the procedure of Lumbar puncture, thoracocentesis, abdominocentesis and give their indications, contraindications and complications?

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: Naturopathy Diagnosis

Year Period: March, 2022 – February, 2023

Date: 04.03.2023

Examination Mode: Regular

Year: 3rd Year

Subject Code: BNYS 305 T1

Batch: August, 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. According to facial diagnosis the circumference of the neck is almost equal to
 - a. circumference of Thighs
 - b. circumference of Biceps
 - c. circumference of Head
 - d. circumference of Calf Muscle
2. Type of encumbrance which indicate the mental disorders
 - a. Back
 - b. Right side
 - c. front
 - d. left side
3. Morbid matter mainly enters the body through Vitality stimulating breath
 - a. Skin
 - b. Ear
 - c. Anus
 - d. Mouth
4. Father of modern iris diagnosis Self-awareness
 - a. Iagnatz von Peczely
 - b. Louis Khune
 - c. Hennery Lindhalr
 - d. Bernard Jensen
5. Which of the following is not a circulatory indicator?
 - a. Arcus senelis
 - b. sodium ring
 - c. lymphatic rosary
 - d. circulatory ring
6. Gereontoxon is another name for
 - a. adii Solaris
 - b. lymphatic Rosery
 - c. Arcus Senalis
 - d. Scurf Rim
7. Dis Harmony Line is otherwise called as
 - a. changeover line
 - b. Equilibrium line
 - c. ear bladder line
 - d. mouth hand line
8. Which layer of the skin is responsible for healing and regeneration according to Ayurveda?
 - a. Vedini
 - b. Rohini
 - c. Tamra
 - d. Shweta
9. Beefy tongue is caused by
 - a. Hemolytic anemia
 - b. Vit B9 deficiency anemia
 - c. Sideroblastic anemia
 - d. Vit B12 deficiency anemia
10. Which of the following is not the abnormal sound produced by lungs?
 - a. Crackles
 - b. Stridor
 - c. Creaking
 - d. Rales

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

10*2 = 20 Marks

11. What is mixed encumbrance?
12. Stages of inflammation seen in the iris
13. Asparagus lacunae
14. Difference between closed and open lesions
15. Bristol stool chart
16. Layers of skin according to Ayurveda and its functions
17. Characteristics features of normal tongue.
18. Different types of pulse according to ayurveda
19. Normal sounds according to sound diagnosis
20. Honeycomb
21. Name two types of abnormal tongue
22. Define toxemia

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

06*5 = 30 Marks

23. Healthy habits of eating.
24. Sodium Ring
25. Nethra pareeksha
26. Abnormal characteristics and significance of stool and urine analysis
27. Comparison of skin diagnosis with twakpareeksha in Ayurveda.
28. Abnormal colours of the tongue and its significance.
29. Pulse diagnosis
30. Explain 3 colour changes and its indication from skin and nails

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

10*2 = 20 Marks

31. Draw a neat labelled diagram of face map. Add a note on different types of faces.
32. How to identify the prolonged use of Mercury, Iodine, Sulphur, Iron, through iris diagnosis?
Add a note on common Drugs that uses these chemicals.
33. Explain in detail how chromo diagnosis help to identify the derangements in human body?

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: Nutrition & Medicinal Herbs
Year Period: April, 2022 – March, 2023
Date: 02.03.2023
Examination Mode: Regular / Back Paper

Year: 3rd Year
Subject Code: BNYS 304 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
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Reg No:

Multiple Choice Questions (Attempt All) – 1 Mark for each Question

10 *01 =10 Marks

1. Which element plays a significant role in human cell-mediated immunity and is also an antioxidant and anti-inflammatory agent?
 - a. Zinc
 - b. Magnesium
 - c. Calcium
 - d. None of the above
2. Which of the following statements is true about proteins?
 - a. Proteins are made up of amino acids.
 - b. Proteins are essential for the development of skin, teeth and bones.
 - c. Protein is the only nutrient that can build, repair and maintain body tissues.
 - d. All of the above
3. What is the primary method of dietary assessment used in epidemiological studies?
 - a. Weighed diary
 - b. Unweighed diary
 - c. 24-hour recall
 - d. Diet history
 - e. Food frequency questionnaire
4. Which one is an oil yielding plant among the following?
 - a. Lentil
 - b. Sunflower
 - c. Cauliflower
 - d. Hibiscus
5. Which of the following is the residual product in the formation of soap?
 - a. Glyceraldehyde
 - b. Glycerol
 - c. Glycerinomite
 - d. Acrylonitrile
6. Cooking food by vapour pressure is which of the following cooking method?
 - a. Pressure cooking
 - b. Stewing
 - c. Boiling
 - d. Baking
7. What is the drying temperature of pulses?
 - a. 26-48°C
 - b. 60-120°C
 - c. 80-135°C
 - d. 100-120°C
8. Diets high in fibre have been proposed to protect against colorectal cancer by which one of the following mechanisms?
 - a. Antioxidant effect, which quenches free radicals
 - b. Increased repair of damaged DNA
 - c. Increased induction of detoxifying enzymes
 - d. More rapid removal of potential carcinogens
9. Which diseases are not less frequent among vegetarians?
 - a. Respiratory diseases
 - b. Colorectal cancer
 - c. Ischaemic heart disease
 - d. Diverticular disease.

10. Which of the following is called as an Indian Gooseberry?
- Emblica officinalis
 - Cuminum cyminum
 - Asparagus racemosus
 - None of the above

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

10 *02 =20 Marks

- Examples of essential amino acids.
- Define Basal Metabolic Rate
- Importance of practising exercises on a daily basis
- How are acidulents produced?
- Sources of Omega 6 fatty acids
- Contra-indicated fruits in DM.
- Examples of antioxidant food additives.
- Name few galactogogues
- Importance of My Pyramid
- Define Beneficence
- Mention the scientific name of Shatavari and its benefits.
- Role of dietary management in celiac disease.

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

06 *05 =30 Marks

- Make a note on Sources of Minerals.
- Biological determinants of food consumption.
- Write in detail about natural, artificial and man-made food additives
- Write a note on Seed-cycling therapy for healthy menstruation in adolescent girls
- What is lactose intolerance. What are the other alternatives to substitute animal sources?
- What are the various factors responsible for rejecting food by Pre-school children?
- Define Dietary fiber. Mention about Dietary factors affecting nutrient absorption and metabolism.
- Write in detail about Zingiber officinalis

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

02* 10 =20 Marks

- Note on Kwashiokor and Marasmus
- What are the types of Renal calculi? Write in detail about dietary modifications for each type
- Role of herbs in cookery.

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: Psychology & Basic Psychiatry
Year Period: April, 2022 – March, 2023
Date: 09.03.2023
Examination Mode: Regular

Year: 3rd Year
Subject Code: BNYS 307 T1
Batch: August, 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. Which among the following is an insight therapy based on the theory of Freud?
 - a. Psychoanalysis
 - b. Gestalt therapy
 - c. Logo therapy
 - d. Group therapy
2. The awareness of where our body parts are and their position in space is called
 - a. Olfaction
 - b. Gustation
 - c. Proprioception
 - d. Audition
3. A tranquilizer that is also called as "date rape" drug
 - a. Rohypnol
 - b. Xanax
 - c. Halcion
 - d. Librium
4. What does the S in SQ3R stand for?
 - a. Survey
 - b. Synthesis
 - c. Study
 - d. Stand
5. "The answer just popped into my head, when I was taking a shower". This experience is an example of
 - a. Heuristic
 - b. Algorithm
 - c. Insight
 - d. Creativity
6. Physiological reaction leads to the labelling of emotion. This theory was proposed by
 - a. James-Lange
 - b. Cattell-Horn
 - c. Karen Horney
 - d. Erik-Erikson
7. Which among the following is a test for Iconic Memory?
 - a. Sperling's test
 - b. Weschlers test
 - c. Spearman's test
 - d. Raven's Test
8. Cattell proposed how many Personality Factors
 - a. 18
 - b. 16
 - c. 21
 - d. 10
9. Morbid fear of darkness is known as
 - a. Claustrophobia
 - b. Xenophobia
 - c. Mysophobia
 - d. Nyctophobia
10. The term used in psychiatry to describe unreal sensation of mind, in which the person has "out of self" experiences, with intact reality contact?
 - a. Trance
 - b. Fugue
 - c. Depersonalization
 - d. Deja Vu

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

10*2 = 20 Marks

11. Is Psychology a science or an art?
12. Muller Lyer Illusion.
13. Expand SQ3R
14. Vicarious conditioning
15. Autistic thinking
16. 'g' factor of intelligence
17. Identity versus Role confusion.
18. Social Readjustment Rating Scale (SRRS)
19. Difference between Compliance and Obedience
20. Echopraxia
21. What is Agoraphobia
22. A year-old male presents with a 3-year history of irritability, low mood, lack of interest in surroundings and general dis-satisfaction with everything. He has no significant disruption of sleep or appetite. Which mood disorder is this? Briefly explain

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

06*5 = 30 Marks

23. The whole is greater than the sum of its parts - Elaborate
24. Punishment and Operant Conditioning
25. Summarize the research on the ability of animals to communicate and use language
26. McClelland's theory of motivation
27. Learning theories and personality
28. Robert Sternberg's Triangular Theory of Love with illustration
29. Euphoric mood
30. Explain the personality disorder where you find dramatic, impulsive and erratic features.

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

10*2 = 20 Marks

31. Explain in detail Erikson's Psychosocial Stages of Development
32. Explain in detail how aggressive behaviour is determined by biology and learning
33. Add a note on Hypochondriasis and Somatic symptom disorder

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: 28.02.2023

Examination Mode: Regular / Back Paper

Year: 3rd Year

Subject Code: BNYS 303 T1

Batch: Aug, 2019, Aug, 2018 Aug, 2017 & Aug, 2015

Time: 02.00 pm to 05.00 pm

Max. Marks: 80

General Instructions:

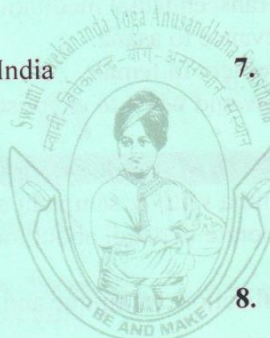
1. Read all the questions carefully and then start writing
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3. Write your registration number on the rectangular space provided here

Reg No:

Multiple Choice Questions (Attempt All) – 1 Mark for each Question

10 *01 =10 Marks

1. Dharma Parinama is the knowledge of
 - a. Sadhaka
 - b. Prakruti and Purusa
 - c. Samadhi
 - d. None of the above
2. Hatha yoga began to emerge in India around
 - a. 7th century AD
 - b. 6th century AD
 - c. 9th century AD
 - d. 8th century AD
3. Moorcha pranayama means
 - a. Swooning breath
 - b. Vitality stimulating breath
 - c. Gulping breath
 - d. All the above
4. What two forces compose the essence of the Kundalini?
 - a. Yin & Yang
 - b. Sakti & Sakta
 - c. Kali & Shiva
 - d. Wu & Wei
5. What are the names of the three nerves which connects the system of chakras together called?
 - a. tanas & agni & prana
 - b. durga & ida & sushumma
 - c. pindala & sushumma & ida
 - d. prana & durga & Shakti
6. What is BDNF?
 - a. Brain derived neurotrophic factor.
 - b. Brain deposit neutrophil filaments.
 - c. Brain derived neutrophil factor.
 - d. None of above
7. Geriatrics should not do..... Yoga practice
 - a. Dynamic
 - b. Hatha yoga
 - c. Samadhi
 - d. Asana
8. Sushumna and -----are said to be one and the same.
 - a. Chitra
 - b. Poosha
 - c. Brahmarandhra
 - d. Vajra
9. Total number of asanas taught by shiva.
 - a. 88
 - b. 86
 - c. 80
 - d. 84
10. What are the health hazards? except
 - a. Chemical
 - b. Environmental
 - c. Physical
 - d. Mental



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

11. Bhava Pratyaya
12. Explain about the ideal situation to practice sadhana for hatha yogi with sloka?
13. Chayopasana.
14. Astasiddhis
15. Mithahara sloka
16. Benefits of vipassana meditation
17. Tools to adjust Swara
18. Effect of Jalandhara bandha on endocrine system
19. Effect of pranayama on CVS
20. What are the addition care to be given for old age population?
21. What is the importance of yoga in education?
22. What is dynamic stretching?

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

23. Who is Ishwara and explain in detail.
24. Citta vikshepas.
25. Explain Plavini and Moorchha Pranayama.
26. What is Kundalini yoga? Explain briefly.
27. Explain in detail about Transcendental meditation.
28. Explain HPA axis in relevance to asana.
29. Explain the menstrual problem in female. Add note on effect of yoga for the same.
30. Explain in detail why, how and when to exercise and stretch

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

31. Explain in detail about Chitha vritti & sampathi according to Patanjali Yoga Sutras
32. What is Swara yoga? Elaborate in detail about the prerequisite, technique & tools used to adjust Swara
33. Explain yoga nidra its application, technique and its influence on health and disease and add note on research evidence.