**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, 2025 – March, 2026
**Date:** 05.02.2026
**Examination Mode:** Regular/Back Paper

**Year:** 3rd Year
**Subject Code**: BNYS 302 T
**Batch: 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. Herb used for moxibustion:
   - **A.** Ginseng
   - **B.** Ginger
   - **C.** Artemisia
   - **D.** Licorice

2. Rapid pulse denotes:
   - **A.** Yin deficiency
   - **B.** Yang deficiency
   - **C.** Yang excess
   - **D.** Blood stasis

3. Organ corresponding to ear piercing in auriculotherapy:
   - **A.** Kidney
   - **B.** Eye
   - **C.** Lung
   - **D.** Brain

4. Point located at midpoint of wrist crease:
   - **A.** LU9
   - **B.** PC7
   - **C.** HT7
   - **D.** LI5

5. Indication of vasomotor area of scalp acupuncture:
   - **A.** Epilepsy
   - **B.** Hypertension
   - **C.** Sciatica
   - **D.** Insomnia

6. Fire point of Spleen meridian:
   - **A.** SP2
   - **B.** SP3
   - **C.** SP5
   - **D.** SP6

7. Yuan-Source point of Liver:
   - **A.** LV2
   - **B.** LV3
   - **C.** LV8
   - **D.** LV14

8. Back Shu point of Heart:
   - **A.** BL13
   - **B.** BL14
   - **C.** BL15
   - **D.** BL18

9. Which element governs blood vessels?
   - **A.** Wood
   - **B.** Fire
   - **C.** Earth
   - **D.** Metal

10. Mention a meridian course from finger to face:
    - **A.** Lung
    - **B.** Large intestine
    - **C.** Heart
    - **D.** Kidney

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

**11.** Enumerate the types of acupuncture needles.

**12.** List tools used in modern methods of stimulation.

**13.** Mention the complications of acupuncture.

**14.** List homeostatic acupuncture points.

**15.** Acupuncture points for insomnia.

**16.** State the homunculus theory.

**17.** List hypoglycemic acupuncture points.

**18.** Write a short note on Huangdi Neijing.

**19.** Methods of needle stimulation.

**20.** Define acupressure.

**21.** What is cunometer.

**22.** Contraindicated points in pregnancy.

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

**23.** Describe the motor gate theory of pain modulation.

**24.** Describe pulse diagnosis in acupuncture.

**25.** Describe the therapeutic indications and the five Shu points of the Large Intestine meridian.

**26.** Describe the changes in chemical mediators during acupuncture therapy.

**27.** Write in detail about the course, important points of the Liver meridian.

**28.** Explain the principles and rules for the selection of acupuncture points.

**29.** Describe the functions of the Lung according to Traditional Chinese Medicine.

**30.** Describe the pathway and important acupuncture points of the Spleen meridian.

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

**31.** Describe in detail the history and development of acupuncture in India and across the world.

**32.** Explain in detail the pathway, acupuncture points, and therapeutic indications of the Conception Vessel with neatly labelled diagram.

**33.** Explain in detail about procedure, advantages, disadvantages, and contraindications of acupuncture anaesthesia.

**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 Therapy
**Year Period:** April, 2025 – March, 2026
**Date:** 03.02.2026
**Examination Mode:** Regular/Back Paper

**Year:** 3rd Year
**Subject Code:** BNYS 301 T
**Batch: Nov,2022/Dec, 2021/Nov, 2020**
**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. D. D. Palmer found
   a) Chiropractic
   b) Spinocraniotherapy
   c) Osteopathy
   d) Dorn Therapy

2. Heavy tapotement (beating) is usually given using:
   a) Fingers
   b) Knuckles
   c) Fist
   d) Heel of hand

3. Julius Caesar used which massage to get rid of his Neuralgia
   a) Tapping
   b) Pounding
   c) Clapping
   d) Pinching

4. Which part of the hand is used for Hacking
   a) Wrist
   b) Ulna
   c) Finger Pads
   d) Radius

5. Cardamom oil has ----------effect
   a) Antiseptic
   b) Refreshing
   c) Sedative
   d) All the above

6. A pregnant client should have pillows for her back support when she is lying
   a) Upside down
   b) Side lying
   c) Prone
   d) Supine

7. Which of the following is considered a common technique in manipulative therapy?
   a) Hydrotherapy
   b) Spinal manipulation
   c) Electrotherapy
   d) Aromatherapy

8. Vamana therapy is mainly indicated for aggravated:
   a) Vata dosha
   b) Pitta dosha
   c) Kapha dosha
   d) Rakta

9. Lavender oil has which effect?
   a) Refreshing
   b) Sedative
   c) Antiseptic
   d) All the above

10. Ki' refers to energy in:
    a) China
    b) Thailand
    c) Japan
    d) Vietnam

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

**11.** Effects of massage on Nutrition

**12.** Effects of massage upon Bone

**13.** Toogi Toogi

**14.** Motor points

**15.** Gerster's Method

**16.** Blending of Aroma oils

**17.** What is the difference between spinal manipulation and mobilization?

**18.** Role of Hippocrates in the Massage therapy

**19.** Massage in Sinusitis.

**20.** Tapotement

**21.** What is carrier oil?

**22.** Contraindications of massage

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

**23.** Thai Massage

**24.** Classify various massage movements

**25.** Massage and sleep disorders

**26.** Explain the structures especially concerned with massage.

**27.** Define reflex areas and discuss the effects of massage on reflex areas.

**28.** Cardiac Massage

**29.** Milestones of female health and Massage

**30.** Kellogg's massage

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

**31.** What are the moments that produce muscular contraction? Explain in brief each of them and add a note on Muscular Dystrophy.

**32.** Define massage and explain its effects on the eliminative functions of the body.

**33.** Explain the basic therapeutic Swedish Massage techniques- procedure, indications, contraindications and Physiological effects.

**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, 2025 to March, 2026
**Date: 16.02.2026**
**Examination Mode:** Regular/Back Paper

**Year:** 3rd Year
**Subject Code:** BNYS 306 T
**Batch: 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. Parosmia refers to:
   a) Complete loss of smell
   b) Reduced sense of smell
   c) Distorted perception of odors
   d) Hallucination of smells without stimulus

2. Fetor hepaticus is a characteristic feature of:
   a) Chronic kidney disease
   b) Diabetic ketoacidosis
   c) Liver failure
   d) Pulmonary tuberculosis

3. Bouchard's nodes are features of
   a) RA
   b) OA
   c) Gout
   d) All the above

4. Which of the following is true about resting tremor?
   a) It is more during goal directed activity
   b) Seen in Parkinson's
   c) Sign of cerebellar lesion
   d) Sign of Anxiety Neurosis

5. Tenesmus refers to:
   a) Painful urination
   b) Frequent desire to pass stool with a feeling of incomplete evacuation
   c) Involuntary passage of stool
   d) Excessive gas formation

6. The puddle sign is used to detect:
   a) Pleural effusion
   b) Ascites
   c) Pericardial effusion
   d) Intestinal obstruction

7. Raised Anti – CCP levels are diagnoistic feature of
   a) MI
   b) RA
   c) Cirrhosis Liver
   d) Vasculitis

8. Relapsing fever is most commonly caused by:
   a) Plasmodium species
   b) Borrelia species
   c) Salmonella typhi
   d) Leptospira

9. Biot's respiration (ataxic breathing) is most likely to be observed in which of the following condition?
   a) Metabolic acidosis
   b) Brainstem injury or opioid overdose
   c) Congestive heart failure
   d) Bronchial asthma

10. A Macular red or purple haemorrhage, >2mm in diameter in skin or mucous membrane is termed as
   a) Erythema
   b) Pustule
   c) Ecchymosis
   d) Purpura

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

**11.** Describe the grading of tonsillar enlargement.

**12.** Cullen Sign

**13.** Dyspnoea

**14.** Hemoptysis and Hematemesis

**15.** Muscle power grading

**16.** Korotkoff Sounds

**17.** Nutritional assessment

**18.** Levels of Consciousness

**19.** Elaborate on gas and motility related symptoms of GIT

**20.** Webers and Rinne's test

**21.** Mention different abnormalities of nail

**22.** What is the SOCRATES score? Explain its components used in pain assessment.

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

**23.** Define and classify Clubbing, and add a note on the clinical implications of Clubbing

**24.** Write in detail about assessment of superficial and deep tendon reflexes and mention their grading

**25.** Mention the difference between UMN and LMN lesions

**26.** Describe Fever and its different patterns with examples

**27.** Explain in detail about presenting complaints in the GI system.

**28.** Auscultation of Respiratory System examination. Note on Abnormal breath sounds

**29.** Explain in detail about Examination of Ear.

**30.** Methods of palpation of Spleen and add a note on Hackett's Classification of Splenomegaly

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

**31.** Examination of cranial nerves. Add a note on examination of higher mental function,

**32.** Describe in detail about symptoms, signs, and clinical examination of the abdomen. Add a note Ascites.

**33.** Elaborate on Case history taking with clinical relevance Mention on Vital sign assessments.

**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:** April, 2025 to March, 2026
**Date:** 12/02/2026
**Examination Mode:** Regular

**Year:** 3rd Year
**Subject Code: BNYS 305 T**
**Batch: Nov, 2022/Dec, 2021/Nov, 2020**
**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. Thin iris fibres are indicative of:
   a) Weak organ strength
   b) High vitality
   c) Scar tissue
   d) Emotional stress

2. Iris zones near the pupillary margin mostly correspond to:
   a) Muscles and bones
   b) Internal organs
   c) Nervous system
   d) Emotional state

3. Iris crypts or holes indicate:
   a) Tissue degeneration or weakness
   b) Strong organ function
   c) High metabolism
   d) Emotional imbalance

4. Brown spots in the iris are called:
   a) Stellate spots
   b) Pigment spots
   c) Radial furrows
   d) Collarette splits

5. Puffy under-eyes indicate:
   a) Kidney weakness
   b) Strong liver
   c) Emotional balance
   d) Digestive efficiency

6. Forehead wrinkles horizontally suggest:
   a) Liver stress
   b) Digestive stress
   c) Nervous tension
   d) Kidney weakness

7. A nerve ring encircling the iris often indicates:
   a) Emotional or nervous tension
   b) Strong digestion
   c) Kidney strength
   d) Healthy metabolism

8. Closed lesions indicate:
   a) Acute organ stress
   b) Old scars or healed damage
   c) Nervous system dominance
   d) Kidney strength

9. A wide autonomic nerve wreath suggests:
   a) Organ weakness and nervous strain
   b) Strong vitality
   c) Digestive strength
   d) Kidney health

10. Tongue examination can reveal:
    a) Digestive health and systemic imbalances
    b) Kidney vitality only
    c) Bone strength
    d) Emotional state exclusively

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

**11.** Heterochromia

**12.** Open lesions

**13.** Psora spots

**14.** Toxaemia

**15.** Mention 6 types of lacunae

**16.** Draw neatly radii Solaris

**17.** Characteristics features of healthy man

**18.** Constitution of iris

**19.** Unity of cure and unity of diseases

**20.** Define vitality

**21.** Scurf rim

**22.** Define facial diagnosis and its scope

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

**23.** Mercury and arsenic poisoning manifestation in iris

**24.** Explain in detail nerve rings

**25.** Anatomy of iris and its layers.

**26.** Healthy skin and its significance according to naturopathy

**27.** Explain briefly autonomic nerve wreath.

**28.** Explain in detail three whites.

**29.** Briefly explain stool and urine diagnosis.

**30.** Define foreign matter, its types and manifestation and removal.

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

**31.** What is Encumbrance? Different types and its features.

**32.** Write briefly circulatory indicators

**33.** Draw a neat and labelled diagram of left iris.

**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, 2025 to March, 2026
**Date:** 10.02.2026
**Examination Mode:** Regular

**Year:** 3rd Year
**Subject Code: BNYS 304 T**
**Batch: Nov, 2022/Dec, 2021/Nov, 2020**
**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. Antioxidants fight against
   a) Bacteria
   b) Viruses
   c) Free radicals
   d) None of the above

2. What is the primary method of dietary assessment used in epidemiological studies?
   a) Weighed diary
   b) 24-hour recall
   c) Diet history
   d) Food frequency questionnaire

3. The red colour of beetroot is due to the presence of which of the following?
   a) Lycopene
   b) Beta carotene
   c) Curcumin
   d) Betalain

4. The process that produces carbon dioxide gas in bread is:
   a) Leavening process
   b) Kneading
   c) Fermentation
   d) Evaporation

5. Most sodium intake in the diet happens due to:
   a) Saltshaker on the dining table
   b) Processed foods
   c) Cooking process
   d) None of the above

6. Which vitamins are most likely to be lacking in a vegan diet?
   a) Vitamin B1
   b) Folate
   c) Vitamin B12
   d) Vitamin A

7. Which of the following will enhance T cell functioning?
   a) Omega 3
   b) Arginine
   c) Glutamine
   d) All of the above

8. Which of the following herbs helps to treat anaemia?
   a) Momordica charantia
   b) Acorus calamus
   c) Ficus racemosa
   d) None of the above

9. The most direct method for measuring body composition is:
   a) Underwater weighing
   b) Body fat
   c) Body mass
   d) None of the above

10. Which of the following biomolecules is referred to as "Staff of life"?
    a) Lipids
    b) Proteins
    c) Vitamins
    d) Carbohydrate

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

**11.** Structure of a lipid Molecule

**12.** Brief about healing through nutrition

**13.** Use of colouring agents as food additives

**14.** Write a note MSG

**15.** Define Food Science

**16.** Draw a food pyramid

**17.** Types of therapeutic diet

**18.** Write a note on RDA

**19.** Classify Dietary Fibres

**20.** Components of immunity

**21.** Zingiber officinalis

**22.** Mimosa pudica

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

**23.** Write in detail about oxidative stress

**24.** Energy needs and assessment for it in adults

**25.** Food additives and their associated health risks

**26.** Methods of cooking

**27.** Nutrition for obesity

**28.** Enteral Nutrition

**29.** Anthropometric Assessments

**30.** Glycolysis in detail

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

**31.** Explain Nutrition for addiction in detail

**32.** Explain in detail about Maternal Nutrition

**33.** Classify Vitamins. Write in detail about Vitamin A.

**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 and Basic Psychiatry
**Year Period:** April, 2025 – March, 2026
**Date:** 18/02/2026
**Examination Mode:** Regular

**Year:** 3rd Year
**Subject Code:** BNYS 307 T
**Batch:** Nov, 2022/Dec, 2021/Nov, 2020
**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. Who is the father of logotherapy?
   a. B.F. Skinner
   b. Rotter
   c. Viktor Frankl
   d. Anna Freud

2. Which of the following is based on the reality principle?
   a. Id
   b. Ego
   c. Superego
   d. Unconscious

3. You want to have a pet but you don't like the idea of cleaning the house. Which form of conflict is this?
   a. Approach - approach
   b. Approach - avoidance
   c. Avoidance - avoidance
   d. None of the above

4. "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

5. The unique and relatively stable ways in which people think, feel and behave is called _____
   a. Emotion
   b. Personality
   c. Aggression
   d. Motivation

6. Which among the following is an example of Eustress?
   a. Losing job
   b. Disease
   c. Having a baby
   d. Accident

7. What stage might terminally ill patients be in if they refuse to write a last will and testament because they believe that in doing so, they are admitting they will die?
   a. Bargaining
   b. Depression
   c. Anger
   d. Denial

8. People high in the need for _____ want to be liked by others and are good team players
   a. Achievement
   b. Power
   c. Affiliation
   d. Emotion

9. Which among the following is NOT a Factor of Big Five theory of personality?
   a. Conformity
   b. Openness
   c. Neuroticism
   d. Extraversion

10. Morbid fear of darkness is called _____
   a. Claustrophobia
   b. Nyctophobia
   c. Xenophobia
   d. Mysophobia

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

**11.** Psychoanalysis
**12.** Law of closure in perception
**13.** Sternberg triarchic theory
**14.** Define Motivation
**15.** Rationalization with example
**16.** Real self and ideal self
**17.** Expand SQ3R
**18.** Transference
**19.** CAGE Questionnaire
**20.** Delusion of Persecution
**21.** Identify this psychological test. Add a note on it



**22.** Aversion therapy

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

**23.** Modern schools of Psychology
**24.** Erik Erikson's Psychosocial Development stages
**25.** Types of reinforcement with examples
**26.** Sternberg's Triangular theory of love
**27.** Role of yoga in the management of Psychosomatic disorders
**28.** First Rank symptoms of schizophrenia
**29.** Qualities of a Counsellor
**30.** Classify personality disorders

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

**31.** Classify the theories of personality. Define any 5 defense mechanisms with examples.
**32.** **Scenario:** Anand and Priya have two children, Jithin (age 10) and Lekha (age 8). Anand is very strict, rarely allows the children to make decisions, and enforces strict consequences for misbehavior. Priya, on the other hand, is more lenient and allows the children to make most of their decisions on their own, even when they sometimes make poor choices.
**Question:** Using the theory of parenting styles, analyze Anand's and Priya's approaches to parenting. How might the parents modify their styles to achieve a more balanced approach?
**33.** Explain in detail about anxiety disorders. Add note on its management through Psychotherapy and Counselling

**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 and its Application
**Year Period:** April, 2025 – March, 2026
**Date:** 07/02/2026
**Examination Mode:** Regular

**Year:** 3rd Year
**Subject Code: BNYS 303 T**
**Batch: Nov,2022/Dec, 2021/Nov, 2020**
**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. What is the main cause of suffering according to Patanjali?
   a. Ignorance (Avidya)
   b. Fear
   c. Desire
   d. Karma

2. What is the Sanskrit term for "sense withdrawal"?
   a. Pranayama
   b. Pratyahara
   c. Dhyana
   d. Samadhi

3. What is the name of the nadi that represents mental energy?
   a. Sushumna
   b. Ida
   c. Pingala
   d. Vajra

4. Who is considered the primal guru in the Hatha Yoga Pradipika?
   a. Vishnu
   b. Shiva
   c. Krishna
   d. Matsyendranath

5. According to the text, what is the ultimate sign of a perfected pranayama practice?
   a. Increased lung capacity
   b. Sweating & heat in the body
   c. Ability to hold breath indefinitely
   d. Suspension of breath without effort

6. The Navel Chakra (Manipura) is associated with:
   a. Courage and personal power
   b. Creativity
   c. Love and compassion
   d. Spiritual awakening

7. The Ida Nadi is associated with which energy?
   a. Masculine
   b. Feminine
   c. Neutral
   d. Physical strength

8. Which of the following is a good warm-up exercise?
   a. Jogging in place
   b. Heavy deadlifts
   c. Sitting down
   d. Holding a plank for 10 minutes

9. What is the main benefit of strength training?
   a. Improves flexibility
   b. Increases muscle strength
   c. Reduces endurance
   d. Slows down metabolism

10. What is the purpose of Shambhavi Mudra as described in the text?
    a. Increasing concentration
    b. Awakening Ajna Chakra
    c. Inducing deep relaxation
    d. Cooling the nervous system

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

**11.** Mention the types of tantra.

**12.** Types of Granthis

**13.** Founder of Vipasana meditation

**14.** Two examples of surface awareness

**15.** Mention the sitting asanas are involved in CM practice

**16.** Taoism tantra and neo tantra

**17.** Which Yama refers to truthfulness?

**18.** According to Hatha yoga which asana is considered the most important for meditation?

**19.** Benefits of Raja yoga meditation

**20.** What is the literal meaning of "Pradipika"?

**21.** Define Kundalini yoga.

**22.** Meaning of Nadi and mention three major Nadi.

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

**23.** Explain the role of yoga in social and political life

**24.** Explain physiological effects of meditation on endocrine system

**25.** Explain the mechanism of kriya

**26.** Explain the steps of MSRT

**27.** Explain the necessity of abhyasa and vairagya in yogic life.

**28.** Explain the ashta siddhis

**29.** Rules, regulation and goals for practice of Hatha yoga

**30.** Explain how dose swara yoga relate to the pancha kosha

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

**31.** Define IBS, causes, sign and symptoms, and create a yoga module for IBS.

**32.** Introduction of Cyclic meditation, aims, steps, benefits and mention two evidence-based research papers for the same.

**33.** Explain in detail the concept of Mathika, Rules, and regulations to be followed by a Hatha Yogi.