

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: December, 2021 – April, 2023

Date: 22.02.2023

Examination Mode: Regular /Back Paper

Year: 1st Year

Subject Code: BNYS 101 T1

Batch: Dec, 2021, Dec, 2020 & 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. Which muscle is primarily responsible for arm flexion?
 - a. Biceps brachii
 - b. Triceps brachii
 - c. Deltoid
 - d. Latissimus dorsi
2. Which of the following parts of the humerus is matched correctly with the nerve with which it is in direct contact?
 - a. distal end of humerus . . . radial nerve
 - b. surgical neck . . . musculocutaneous nerve
 - c. radial groove . . . musculocutaneous nerve
 - d. medial epicondyle . . . ulnar nerve
3. What is the function of the pulmonary veins in the thorax?
 - a. To return oxygen-rich blood from the body to the heart
 - b. To deliver oxygen-poor blood from the heart to the body
 - c. To return deoxygenated blood from the lungs to the heart
 - d. To deliver oxygen-rich blood from the heart to the lungs
4. What is the factor that primarily determines the rate of gas exchange between the alveoli and the bloodstream in the thorax?
 - a. Surface area of the alveoli
 - b. Volume of the alveoli
 - c. Pressure of the alveoli
 - d. All of the above
5. What is the medical condition called when there is a buildup of fluid in the air spaces of the lungs, leading to difficulty breathing?
 - a. Pulmonary Edema
 - b. Pleural Effusion
 - c. Pneumonia
 - d. Atelectasis
6. The anterolateral abdominal wall is bounded by all of the following structures EXCEPT
 - a. cartilages of the 7th through 10th ribs
 - b. Linea alba
 - c. xiphoid process
 - d. inguinal ligament
7. The first part of the duodenum is located at which of the following vertebral levels?
 - a. T10
 - b. L2
 - c. L1
 - d. L5
8. The duodenojejunal junction is supported by the attachment of which of the following structures?
 - a. suspensory muscle of the duodenum (ligament of Treitz)
 - b. falciform ligament
 - c. hepatoduodenal ligament
 - d. greater omentum
9. The midclavicular planes pass through the mid-point of the clavicles to the midpoint of which of the following structures?
 - a. anterior superior iliac spine
 - b. symphysis pubis
 - c. umbilicus
 - d. inguinal ligament

10. 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

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

10*2 = 20 Marks

- 11. Side determination of scapula?.
- 12. Subacromial bursitis.
- 13. Pronation and supination
- 14. Name the nerves pierces crurae of diaphragm?
- 15. Structures present on hilum of right lung
- 16. Branches of external carotid artery.
- 17. Ectopia cordis
- 18. Fossa-ovalis
- 19. Branches of celiac trunk?
- 20. Cauda equine syndrome
- 21. Peritoneal cavity
- 22. Detrusor muscle

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

06*5 = 30 Marks

- 23. Anastomosis around the elbow joint..
- 24. Axillary lymph nodes.
- 25. Broncho pulmonary segment.
- 26. Azygos vein
- 27. Anatomical and functional classification of lobe liver.
- 28. Mediastinum
- 29. Spleen anatomy – location, surfaces, relations and blood supply..
- 30. Blood supply, venous drainage, lymphatic drainage and nerve supply of stomach

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

10*2 = 20 Marks

- 31. Describe the shoulder joint under following heading
 - a) Type and articular surfaces
 - b) Ligaments
 - c) Movements and muscles.
 - d) Blood and nerve supply.
- 32. Describe the pancreas under following headings
 - a) Parts b). Relation c). Blood supply d). Lymphatic drainage e). Applied anatomy.Add a note on CBD.
- 33. Describe the urinary bladder under following headings
 - a) Location
 - b) Relation
 - c) Blood supply
 - d) Lymphatic drainage
 - e) Applied anatomy

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

Subject Name: Anatomy - II

Year Period: December, 2021 – April, 2023

Date: 24.02.2023

Examination Mode: Regular

Year: 1st Year

Subject Code: BNYS 101 T2

Batch: Dec, 2021, Dec, 2020 & 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. Which of the following muscles is a flexor of the knee joint?
 - a) popliteus
 - b) tibialis anterior
 - c) fibularis longus
 - d) extensor digitorum longus
2. The strongest dorsiflexor of the foot is which of the following muscles?
 - a) fibularis tertius
 - b) extensor digitorum longus
 - c) tibialis anterior
 - d) gastrocnemius
3. The paraurethral glands are homologues to which of the following structures?
 - a) testes
 - b) prostate
 - c) seminal vesicles
 - d) bulbourethral glands
4. Which of the following structures extends into the labia majora?
 - a) suspensory ligament of the ovary
 - b) ligament of the ovary proper
 - c) processus vaginalis
 - d) round ligament of the uterus
5. Rapid elongation of the genital tubercle in the male gives rise to which of the following structures?
 - a) testes
 - b) scrotum
 - c) ductus deferens
 - d) phallus
6. The distal end of the ovary connects to the lateral wall of the pelvis by which of the following structures?
 - a) round ligament
 - b) ligament of the ovary
 - c) suspensory ligament of the ovary
 - d) transverse cervical ligament
7. The foramen magnum transmits all of the following EXCEPT
 - a) medulla and meninges
 - b) vertebral arteries
 - c) spinal roots of the accessory nerve
 - d) internal carotid artery
8. What is the function of the Trigeminal nerve (CN V)?
 - a) Facial expression and taste sensation in the front two-thirds of the tongue
 - b) Controls the movement of the eye
 - c) Sensory innervation of the face, jaw, and mouth
 - d) Controls the pharynx, larynx, and neck muscles
9. Which cranial nerve provides motor innervation to the trapezius and sternocleidomastoid muscles?
 - a) Hypoglossal nerve (CN XII)
 - b) Accessory nerve (CN XI)
 - c) Vagus nerve (CN X)
 - d) Glossopharyngeal nerve (CN IX)

10. What is the function of the temporal bone?
- Protection of the brain
 - Support for the jaws and teeth
 - Housing of the middle and inner ear
 - Protection of the eyes

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

10*2 = 20 Marks

- Borders of femoral triangle.
- Branches of internal iliac artery.
- Tubal pregnancy
- Popliteal fossa.
- Holden's line
- Peroneal retinaculum?
- Piriformis syndrome
- Epididymis.
- Ejaculatory ducts
- The flow of CSF.
- Wernicke's area
- What is calcarine sulcus

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

06*5 = 30 Marks

- Muscles of medial aspect of thigh..
- Popliteal fossa- its border, floor, roof and contents.
- Spermatic cord.
- Temporal Lobe
- Explain in detail thyroid gland with neat labelled diagram.
- Explain in details with diagram female internal genital organs
- Lumbo-sacral Plexus
- Atlas.

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

10*2 = 20 Marks

- Summarise uterus under the following heading
 - external features
 - supports
 - blood supply
 - applied anatomy.
- Describe the spleen under following headings
 - Parts
 - Relation
 - Blood supply
 - Lymphatic drainage
 - Applied anatomy.
- Explain in details about cranial nerve (Cranial nuclei, course and function)

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Program: BNYS

Subject Name: Biochemistry

Year Period: December, 2021 – April, 2023

Date: 04.03.2023

Examination Mode: Regular / Back Paper

Year: 1st Year

Subject Code: BNYS 103 T1

Batch: Dec, 2021, Dec, 2020 & 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. Which among the following is a Sulphur containing amino acid?
 - a. Tryptophan
 - b. Lysine
 - c. Cysteine
 - d. Leucine
2. Coenzymes are:
 - a. Heat stable, dialyzable, non-protein organic molecules
 - b. Soluble, colloidal, protein molecules
 - c. Structural analogue of enzymes
 - d. Different forms of enzymes
3. Tocopherols prevent the oxidation of:
 - a. Vitamin A
 - b. Vitamin D
 - c. Vitamin K
 - d. Vitamin C
4. In iron deficiency anemia:
 - a. The plasma bound iron is low
 - b. The plasma bound iron is high
 - c. Total iron binding capacity is low
 - d. Both the plasma bound iron and total iron binding capacity are low
5. Which among the following is a glycogen storage disease?
 - a. Von Gierke's disease
 - b. Niemann - Pick disease
 - c. Gaucher's disease
 - d. Gangliosidosis
6. The lipoprotein possessing the highest quantity of phospholipid
 - a. HDL
 - b. LDL
 - c. VLDL
 - d. Chylomicrons
7. In TCA cycle the conversion of citrate to isocitrate happens in the presence of the enzyme
 - a. Fumarase
 - b. Citrate synthase
 - c. Aconitase
 - d. Dehydrogenase
8. Which is the key and common metabolite, produced from different fuel sources
 - a. Glycogen
 - b. Pyruvate
 - c. Acetyl CoA
 - d. Lactate
9. The cancer arising from connective tissues are called
 - a. Sarcoma
 - b. Carcinoma
 - c. Teratoma
 - d. None
10. Which one of the following do not relate to Blotting Techniques?
 - a. Hybridization
 - b. Nitrocellulose membrane
 - c. Transformed cell
 - d. Transfer Buffer

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

11. What are enantiomers?
12. Differentiate between haloenzyme and coenzyme
13. Vitamin E and Selenium
14. Transmagnanin
15. Micelle formation
16. Write any two functions of NADPH?
17. Define deamination and mention its types
18. Which is the preferred fuel source of brain
19. Mention the different types of Electrophoresis methods
20. Glutathione as an antioxidant
21. Explain Codon and Anticodon
22. What is Wobble Hypothesis?

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

23. Describe in detail the biochemical functions of Pantothenic acid and add a note on its deficiency disorders
24. Wernicke – Korsakoff syndrome
25. Explain in detail the biochemical functions, sources, deficiency diseases of Copper.
26. Explain in detail the process of Gluconeogenesis from lactate (Cori cycle)
27. What is the fate of the carbon skeleton in the metabolism of amino acids?
28. Write the applications of ELISA.
29. Metabolism of Xenobiotics
30. Describe the levels of Eukaryotic gene expression

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

31. Describe in detail the biochemical functions of Riboflavin and add a note on its deficiency disorders
32. Explain in detail the reactions involved in the HMP shunt pathway. Also, add a note on the importance of pentoses
33. Write in detail about the Base excision repair and Nucleotide Excision Repair mechanisms

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

Subject Name: Philosophy of Nature Cure (PNC)

Year Period: December, 2021 – April, 2023

Date: 07.03.2023

Examination Mode: Regular / Back Paper

Year: 1st Year

Subject Code: BNYS 104 T1

Batch: Dec, 2021, Dec, 2020 & 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. "Clay pastor" or "Earth vicar" –
 - a. Freud
 - b. Arnold reckli
 - c. Louis pastuer
 - d. Emanuel felke
2. How much deep the mud should be collected for mud therapy _____
 - a. 3feet
 - b. 4feet
 - c. 5feet
 - d. 6feet
3. Functioning of enzymes denotes _____
 - a. Aakasha
 - b. Vayu
 - c. Agni
 - d. Prithvi
4. Colour for laxative effect
 - a. Green
 - b. Yellow
 - c. Red
 - d. Blue
5. All cure starts from within out was said by _____
 - a. Arnold reckli
 - b. Dr Hering C
 - c. Hippocrates
 - d. D D Palmer
6. In massage rubbing movement is called as _____
 - a. Tapping
 - b. Beating
 - c. Stroking
 - d. Friction
7. Medical oath is given by _____
 - a. Louis kuhne
 - b. Arnold reckli
 - c. Benedict lust
 - d. Hippocrates
8. _____ propagated naturopathic treatment in South India
 - a. Shri D Venkatachalpatty Sharma
 - b. Shri M N Venkatachallaiah
 - c. Shri N Venkatachal
 - d. Shri A R Venkatachalapathy
9. Friction Sitz Bath was introduced by _____
 - a. Adolf Just
 - b. Emmanuel Felke
 - c. Louis Kuhne
 - d. J H Tildon
10. Early diagnosis and treatment is _____
 - a. Preventive measures
 - b. Primary measures
 - c. Secondary measures
 - d. Tertiary measures

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

10 *02 =20 Marks

11. Henry lindlarh?.
12. Unani principles
13. Saptha dhatus
14. Ennervation
15. Mention any four methods to cure, which are in conformity with the constructive principles of nature
16. Types of enema?
17. Hering's law of cure
18. Aesculapius
19. Arnold Rickli
20. Classification of temperature for therapeutic application of water
21. Arogya Raksha Panchatantras
22. Helio therapy

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

06 *05 =30 Marks

23. Contributions of Mahatma Gandhi to naturopathy
24. Contributions of Adolf Just.
25. Naturopathy is a blend of drugless Therapies. Justify
26. Elaborate germ theory according to naturopathy
27. Sigmund Freud and his contribution to Nature cure
28. Catechism of nature cure.
29. Explain Toxins and its elimination through Natural methods
30. Compare Nature Cure Vs Modern medicine.

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

02* 10 =20 Marks

31. Explain Dinacharya and Ratricharya.
32. List the western principles of naturopathy. What is the role of a naturopath in identifying the disease and treating the patient?
33. Define Inflammation and add a note on suppression during different stages of Inflammation.

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

Subject Name: Physiology - I

Year Period: December, 2021 – April, 2023

Date: 28.02.2023

Examination Mode: Regular / Back Paper

Year: 1st Year

Subject Code: BNYS 102 T1

Batch: Dec, 2021, Dec, 2020 & Aug, 2019

Time: 02.00 pm to 05.00 pm

Max. Marks: 80

General Instructions:

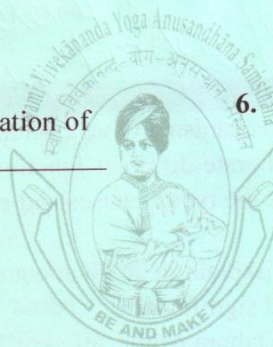
1. Read all the questions carefully and then start writing
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Reg No:

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

10 *01 =10 Marks

1. Which cell organelles synthesize r-RNA?
 - a. Cytoplasm
 - b. Golgi body
 - c. Nucleolus
 - d. Nucleus
2. Centrioles take part in the formation of _____
 - a. Cell plate
 - b. Spindle
 - c. Nucleus
 - d. To start cell division
3. Which of the following is correct?
 - a. Serum contains blood and fibrinogen.
 - b. Plasma is blood without lymphocytes.
 - c. Blood comprises plasma, RBC, WBC, and platelets.
 - d. Lymph is plasma with RBC and WBC
4. What is pyknosis?
 - a. process by which nucleus disappears.
 - b. process of cell degradation
 - c. process of necrosis
 - d. apoptosis
5. Cardiac output is determined by factors, except
 - a. Venous return
 - b. Force of contraction
 - c. Intra thoracic pressure
 - d. Peripheral resistance
6. The mechanism that regulates cerebral blood flow during cerebral compression is the:
 - a. CNS ischemic response
 - b. Cushing's reflex
 - c. Bezold-Jarisch reflex
 - d. Bainbridge reflex
7. Gasping, labored breathing or "craving for air" is called ____
 - a. Eupnea
 - b. Hyperventilation
 - c. Dyspnea
 - d. Cheyne-Stokes breathing
8. 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



9. In the buccal cavity of human being, digestion of which one of the following get started?

- a. Protein
- b. Fat
- c. Carbohydrates
- d. None of the above

10. The functions of saliva include the following except:

- a. Cleaning the mouth
- b. Killing bacteria
- c. breakdown of carbon-dioxide.
- d. Facilitation of speech

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

10 *02 =20 Marks

11. Define passive transport through cell membrane.
12. What is necrosis?
13. Which molecules are transported through simple diffusion through lipid layer?
14. Thalassemia
15. Kernicterus
16. Jugular veinous pulse
17. Wolff-Parkinson-White syndrome.
18. Intrapulmonary pressure
19. Obstructive respiratory disease
20. What is portal triad?
21. What is emulsification?
22. What is micturition?

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

06 *05 =30 Marks

23. What negative feedback mechanism? Give a suitable example of it in body.
24. What is leucopoiesis? Elaborate different functions of WBCs.
25. What is hypoxia? Describe the types, causes and effects of hypoxia in detail.
26. Sickle cell anemia.
27. Define capillary pressure. Explain in detail about examination of radial pulse.
28. Compliance and its clinical significance
29. What is mass peristalsis? Elaborate defecation reflex.
30. What is glomerular filtration? Add note on GFR

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. Explain the composition of gastric juice and give an account of hormonal regulation of gastric secretion
33. Explain the structure and function of juxtaglomerular apparatus..

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: Physiology - II

Year Period: December, 2021 – April, 2023

Date: 02.03.2023

Examination Mode: Regular / Back Paper

Year: 1st Year

Subject Code: BNYS 102 T2

Batch: Dec, 2021, Dec, 2020 & 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. This hormone is responsible for “fight-or-flight” response.
 - a. Thyroxine and melatonin
 - b. insulin and glucagon
 - c. epinephrine and norepinephrine
 - d. estrogen and progesterone
2. Which of the following represents the correct order of events during the menstrual cycle?
 - a. FSH rise, ovulation, LH surge, luteal phase, menstruation.
 - b. Luteal phase, menstruation, FSH rise, ovulation, follicular phase.
 - c. Follicular phase, luteal phase, FSH rise, ovulation, menstruation.
 - d. Menstruation, FSH rise, LH surge, ovulation, luteal phase
3. Half-life of estrogen __
 - a. 1 day
 - b. 50 minutes
 - c. 20 to 60 minutes
 - d. 30 to 60 minutes
4. Muscle fatigue is due to the accumulation of
 - a. carbon dioxide
 - b. lactic acid
 - c. creatine phosphate
 - d. none of the above
5. Upon stimulation of skeletal muscles calcium is immediately made available for binding to troponin from __
 - a. blood
 - b. sarcoplasmic reticulum
 - c. lymph
 - d. bone
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. Which of these is not true about the hypothalamus?
 - a. It contains neurosecretory cells
 - b. It regulates body temperature
 - c. It lies beside the thalamus
 - d. It controls hunger
8. In comparison to the cones, the rods are more
 - a. concentrated in the fovea region
 - b. sensitive to dim light
 - c. important for colour vision
 - d. sensitive to detail
9. Dark adaptation is nearly maximal in about
 - a. 1 min
 - b. 5 min
 - c. 20 min
 - d. 40 min

10. Which of the following is not cell type of islets of Langerhans?
- A- cells
 - D- cells
 - PP- cells
 - C- cells

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

10 *02 =20 Marks

- Oxytocin.
- What are different ovarian hormones?
- What is rheobase?
- What is the role of posterior pituitary hormone?
- Graafian follicle
- What is chronaxie?
- Braxton hicks contraction
- Astereognosis
- Wernicke area
- How does the body regulate its temperature?
- Which is 3rd order neuron for auditory pathway?
- Transduction.

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

06 *05 =30 Marks

- Explain the action of insulin.
- Explain in detail about Milk ejection reflex.
- Explain in detail about neuromuscular junction.
- Neuroglia
- Brown Sèquard syndrome
- What are the functions of cortical auditory centers?
- Ciliospinal reflex.
- Describe spermatogenesis and list factors regulating it

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

02* 10 =20 Marks

- Enumerate the properties of muscles. Explain the contractile property of skeletal muscle
- Write in detail, about the effects of complete and incomplete transection of spinal cord.
- Explain the visual pathway with neat diagram. What are the effects of lesions in visual pathway?

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: December, 2021 – April, 2023

Date: 09.03.2023

Examination Mode: Regular / Back Paper

Year: 1st Year

Subject Code: BNYS 105 T1

Batch: Dec, 2021, Dec, 2020 & 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. Tam Yogamiti Manyante sthiramindriyadharanam
.... Verse taken from which text.
 - a. Yoga Vasistha
 - b. Bhagavad-Gita
 - c. Rig Veda
 - d. Kathopnishad
2. Yoga Tatva Upanishad explains which yoga
 - a. Mantra yoga
 - b. Laya Yoga
 - c. Hatha Yoga
 - d. All of the above
3. The forbidden actions are known as
 - a. Kamy Karma
 - b. Nishidhha Karma
 - c. Nishkamy Karma
 - d. None
4. Chanting the glories of GOD is known as
 - a. Sravanam
 - b. Mananam
 - c. Keertanam
 - d. None
5. Number of Nadis according to Hatha yoga
 - a. 1
 - b. 2
 - c. 3
 - d. 4
6. Shatkarmas, Asana, Pranyama and dhyana are potent means to maintain
 - a. Physical and social health
 - b. Physical and mental health
 - c. Mental and emotional health
 - d. Mental and social health
7. Inhaling through left nostril and exhaling through right nostril is which practice
 - a. Chandra Nadi
 - b. Surya bhedana
 - c. Nadi suddhi
 - d. Chandra bhedana
8. Which Kriya is even difficult to gain mastery even by Gods
 - a. Kapalbhathi
 - b. Bahiskrita
 - c. Moolashodhana
 - d. Vagnisara
9. Which among this is not a Contra indication of Uddiyana Bandha
 - a. Intestinal Ulcers
 - b. Hernia
 - c. Hypertension
 - d. Constipation
10. Which among these is not a Upaprana
 - a. Krikar
 - b. Dhananjay
 - c. Naga
 - d. chin

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

11. Define yoga according to Sri Aurobindo.
12. Write the yogis names in Nath sect
13. Difference between para bhakti and Aparā Bhakti
14. Differentiate three swaras in swara yoga
15. Concept of breathing and life span
16. List 4 benefits of Setubandhasana?
17. Asanas for Intermediate practitioners
18. Enumerate Astakumbhkas
19. Pancha tanmatras
20. Write down the definition of Shatkarma according to Hatha yoga
21. Meaning and benefit of Tadagi Mudra
22. Granthis and their physiological correlation

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

23. Concept of Stress according to Bhagavad-Gita
24. Elaborate uddharet atmanatmanam natmanavamsaadyet....
25. Works of Chandragupta and shloka. Explain in brief.
26. Explain the concept of Karma, Vikarma, and Akarma
27. Laya yoga
28. Explain yamas in detail with relevant sutras
29. Define Bandhas. Explain physiological benefits of Bandhas
30. Write about Nadis, Granthis, Panchapranas, Upapranas (Name them, write meaning and its functions)

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

34. Describe the history of Yoga in chronological order
35. Define Bhakti, Explain in detail about Nava- Vidhana Bhakti. Add a note on Bhavas of Bhakti with example.
36. What is Kundalini. Describe any 4 characteristics of 7 chakras with diagrammatic representation.