



# BNYS

## Supplementary Examination

### July - 2024

## Question Papers



**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:** November, 2022 - March, 2024

**Date:** 03.07.2024

**Examination Mode:** Back Paper

**Year:** 1<sup>st</sup> Year

**Subject Code:** BNYS 101 T1

**Batch:** Nov, 2022, Dec, 2021 & Dec, 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
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 of the following muscles are attached to medial 2/3<sup>rd</sup> of the clavicle except?  
a) Sternomastoid    b) Deltoid    c) Subclavius    d) Pectoralis major
2. Which of the following muscle receives blood supply from axillary artery?  
a) Pectoralis major    b) Trapezius muscle    c) spinalis    d) None of the above
3. 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 alveoli    b) Volume of alveoli    c) Pressure of alveoli    d) None of the above
4. The location of the neuro center activity of the heart is:  
a) Midbrain    b) Pons    c) Cerebrum    d) Medulla oblongata
5. Which of the following organ is not the component of urinary system?  
a) Ureter    b) Urinary bladder    c) Kidney    d) Adrenal gland
6. The first part of duodenum is located at which of the following vertebral levels  
a) T10    b) L2    c) L1    d) L5
7. Simple squamous epithelium is found in:  
a) lungs    b) brain    c) Kidney    d) None of the above.
8. Proximal to radio ulnar joint is:  
a) Pivot joint    b) Hinge joint    c) Cartilaginous joint    d) Ball and socket joint
9. All of the following are terms of movement EXCEPT:  
a) Contralateral    b) Abduction    c) Hyperextension    d) Circumduction
10. The sympathetic fibres in the nerves to the jejunum and ileum originate in the which of the following spinal segments?  
a) C5-T1    b) T1-T5    c) T5-T9    d) T9-T12

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

**10 \*02 =20 Marks**

11. Hilum of left lung
12. Name the SITS muscles
13. Branches of axillary artery
14. Mention the anatomical location of trachea with its extension

15. Give 2 examples for sesamoid bone
16. Name one Action and blood supply of deltoid muscle?
17. Mention the components of renal cortex
18. Appendicular skeleton
19. Cremaster muscle
20. Contents of cubital fossa
21. Bare areas of liver
22. Name the ligaments related to spleen

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

**06 \*05 =30 Marks**

23. Draw a neat, labeled diagram of Sternum and explain its parts
24. Anatomical and functional classifications of lobes of liver
25. Describe the features of synovial joint with examples and applies aspects
26. Biceps brachii muscle- attachments, nerve supply and action
27. Describe the Larynx under the following headings: a) Cavity b) Muscles c) Blood supply
28. Broncho pulmonary segments
29. Azygos vein
30. Lymphatic drainage and blood supply of stomach.

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

**02\* 10 =20 Marks**

31. Discuss the pancreas under following headings: a) parts b) relations c) microscopic structures d) duct system e) applied anatomy.
32. Describe the shoulder joint.
33. Describe the right atrium under the following headings:  
a) Borders and surfaces b) External features c) Internal features with openings.

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**Program:** BNYS  
**Subject Name:** Anatomy II  
**Year Period:** November, 2022 - March, 2024  
**Date:** 04.07.2024  
**Examination Mode:** Back Paper

**Year:** 1<sup>st</sup> Year  
**Subject Code:** BNYS 101 T2  
**Batch:** Nov, 2022, Dec, 2021 & Dec, 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. What is ptosis  
a) Drooping of eyelid    b) Dilatation of pupil    c) Palsy of oculomotor nerve    d) Double vision
2. Which muscle is called as tailor muscle  
a) Vastus medialis    b) Iliacus    c) Popliteus    d) Sartorius
3. Lateral border of posterior triangle of neck is formed by  
a) Trapezius muscle    b) Omohyoid muscle  
c) Levator scapulae muscle    d) Sternocleidomastoid muscle
4. Which cranial nerve provides motor innervation to the trapezius and sternocleidomastoid muscles  
a) Hypoglossal nerve    b) Accessory nerve    c) Vagus nerve    d) Glossopharyngeal nerve
5. A set of coiled tube that connects to the vas deference  
a) Fallopian tube    b) Epididymis    c) Urethra    d) Prostate
6. Knee joint is type of  
a) Suture    b) Modified hinge    c) Both a and b    d) None
7. What is the function of the temporal bone  
a) Protection of the brain    b) Support for the jaws and teeth  
c) Protection of the eye    d) Housing of the middle and the inner ear
8. The cerebrum arises from the  
a) Proencephalon    b) Mesencephalon  
c) Rhombencephalon    d) The cerebrum arises from a combination of these three portions
9. What type of epithelium forms the epidermis?  
a) Simple squamous epithelium    b) Simple cuboidal epithelium  
c) Simple columnar epithelium    d) Stratified squamous epithelium
10. which is the first branch of external carotid artery  
a) Facial artery    b) Superior thyroid artery    c) Maxillary artery    d) Lingual artery

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

**10 \*02 =20 Marks**

11. Borders of femoral triangle
12. Name one Action and blood supply of sternocleidomastoid muscle?
13. Holden's line
14. Blood supply of supra renal gland
15. Name 4 branches of external carotid artery
16. Muscles of mastication
17. Peroneal retinaculum
18. Orchitis
19. Weber's syndrome
20. Name the terminal branches of facial nerve
21. What is calcarine sulcus
22. Falx cerebri

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

**06 \*05 =30 Marks**

23. Temporal lobe
24. Describe the structure and location of midbrain with labeled diagram
25. Muscles of medial aspect of thigh
26. Female internal genital organs
27. Histology of Lymph nodes
28. Circle of Willis. Short note on Ankyloglossia.
29. Lobes of the prostate gland. Short note on Haematuria.
30. Structures of thalamus. Short note on thalamic syndrome

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

**02\* 10 =20 Marks**

31. Explain in detail about Cranial Nerves (Cranial nuclei, course and function)
32. Describe the tongue under the following headings
  - a) Gross features
  - b) Papillae
  - c) Muscles with action
  - d) Nerve supply
  - e) Applied aspects
33. Describe the spinal cord under following headings:
  - (a) External features
  - (b) Meninges covering and their specializations
  - (c) Blood supply
  - (d) Specify the anatomical basis of lumbar puncture

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

**Subject Name:** Biochemistry

**Year Period:** November, 2022 - March, 2024

**Date:** 17.07.2024

**Examination Mode:** Back Paper

**Year:** 1<sup>st</sup> Year

**Subject Code:** BNYS 103 T1

**Batch:** Nov, 2022 & Dec, 2021

**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. Powder puff shaped osazone is given by the reducing the following disaccharide
  - a. Sucrose
  - b. Lactose
  - c. Maltose
  - d. None
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. Pellagra is caused due to the deficiency of:
  - a. Ascorbic acid
  - b. Pantothenic acid
  - c. Pyridoxine
  - d. Niacin
4. The end product of glycolysis under anaerobic condition is
  - a. Pyruvate
  - b. Acetyl CoA
  - c. Lactate
  - d. Glycogen
5. The only phospholipid possessing antigenic property
  - a. Cardiolipin
  - b. Inositol
  - c. Cephalin
  - d. Lecithin
6. Diabetes insipidus is caused due to deficiency of
  - a. Insulin
  - b. Glucagon
  - c. ADH
  - d. Oxytocin
7. The UV induced damage like thymine dimers are repaired by
  - a. Direct repair
  - b. Base excision repair
  - c. Mismatch repair
  - d. Nucleotide excision repair
8. Normal values of BMR For an adult man ranges between
  - a. 35–38 Cal/sq. m/hr
  - b. 39–40Cal/sq. m/hr
  - c. 25–28 Cal/sq. m/hr
  - d. 29–30Cal/sq. m/hr
9. The key enzyme that converts trypsinogen to trypsin is
  - a. Secretin
  - b. Chymotrypsin
  - c. Elastase
  - d. Enteropeptidase
10. Deficiency of Vitamin A causes:
  - a. Xerophthalmia
  - b. Hypoprothrombinemia
  - c. Megaloblastic anemia
  - d. Pernicious anemia

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

**10 \*02 =20 Marks**

11. Define denaturation
12. Give an example for an exothermic reaction
13. Functions of selenium
14. Write any two functions of NADPH
15. What is Kreb's cycle
16. List 4 different types of Porphyrrias
17. What is Glycemic Index?
18. Importance of the hormones of adrenal medulla
19. What is a carcinogen?
20. Classification and types of Nitrogenous bases
21. Write any two functions of Apolipoproteins
22. Write short notes on Bohr's Effect

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

**06 \*05 =30 Marks**

23. Describe in detail the biochemical functions of thiamine and add a note on its deficiency disorders
24. Digestion of proteins by Pancreatic enzymes
25. Regulation of citric acid cycle
26. Abnormalities of growth hormone production
27. Describe the Watson and Crick model of DNA (with diagram)
28. Describe the factors influencing BMR
29. Describe the importance of any 5 amino acids
30. Write the applications of ELISA

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

**02\* 10 =20 Marks**

31. Explain in brief about absorption, transport, functions, RDA, sources & deficiency of Vitamin D
32. Describe in detail the biochemical functions of Riboflavin and add a note on its deficiency disorders
33. Explain in detail the oxidation of fatty acids

**Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)**  
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**Program:** BNYS  
**Subject Name:** Physiology I  
**Year Period:** November, 2022 - March, 2024  
**Date:** 05.07.2024  
**Examination Mode:** Back Paper

**Year:** 1<sup>st</sup> Year  
**Subject Code:** BNYS 102 T1  
**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. Which of the following is a vasodilator?
  - a. Endothelin
  - b. Norepinephrine
  - c. Vasopressin
  - d. Bradykinin
2. Which of the following occurs after parasympathetic stimulation?
  - a. Dilation of bronchi
  - b. Contraction of detrusor
  - c. Dilation of pupil
  - d. Ejaculation
3. Release of pancreatic juice is stimulated by
  - a. Enterokinase
  - b. Cholecystokinin
  - c. Secretin
  - d. Both b and c
4. Oxalates and citrates are used as anti-coagulants in stored blood because they
  - a. Chelate calcium ions
  - b. Act as competitive inhibitor of Vitamin K
  - c. Potentiate anti-thrombin III
  - d. Activate heparin
5. Red blood cell membrane is maintained by
  - a. Elastin
  - b. Spectrin
  - c. Laminin
  - d. Collagen
6. Lysozyme is present in the following secretions of the body EXCEPT
  - a. Lacrimal secretions
  - b. Cerebro spinal fluid
  - c. Saliva
  - d. Respiratory tract secretion
7. Bleeding time is prolonged in a person who has
  - a. Has liver disease
  - b. Takes coumarin derivatives
  - c. Lacks Factor VIII
  - d. Takes large quantity of aspirin
8. Which of the following is NOT True regarding Natural Killer cells?
  - a. Destroys Virus
  - b. Kills Tumor Cells
  - c. Is a T Lymphocyte
  - d. Secretes Cytokines
9. The Hormone that causes secretion of pancreatic juice rich in HCO<sub>3</sub><sup>-</sup> (Bicarbonate Ions) is
  - a. Gastrin
  - b. Cholecystokinin
  - c. Secretin
  - d. Motilin

10. Cholera cause
- Contraction of gall bladder
  - Concentration of bile
  - Acidification of bile
  - Increased bile production

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

**10 \*02 =20 Marks**

- What are Anticoagulants? Give 2 examples
- Functions of saliva
- Respiratory changes during exercise
- Classification of WBC
- What is ejection fraction? Mention normal volume.
- Actions of Bile
- Note on Intestinal Villi
- What is Haldane effect
- What is Xerostomia? Mention its causes and Symptoms
- Explain Physiological Dead Space and its significance
- What is Static Compliance
- What are the precautions to be taken before blood transfusion?

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

**06 \*05 =30 Marks**

- Explain mechanism of secretion of hydrochloric acid in stomach.
- Explain the stages of development of erythrocytes, mention lifespan and normal values of RBC in adults
- Note on negative feedback with example
- Conduction system of heart
- Mechanism of Deglutition and vomiting
- Define immunity, its classification & explain about the development of cell mediated immunity.
- Pulmonary circulation
- Regulation of gastric secretion

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

**02\* 10 =20 Marks**

- Explain in detail the structure and function of nephron and the process of urine formation with a neat labelled diagram. (2+3+5)
- Define Immunity and classify different types of Immunity. Explain in detail the cell mediated Immunity. Add note on Natural Killer cells (3+5+2).
- Explain normal lung volumes and lung capacities with a diagram. Add a note on obstructive and restrictive lung disease. (2+5+3)

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

**Subject Name:** Physiology II

**Year Period:** November, 2022 - March, 2024

**Date:** 06.07.2024

**Examination Mode:** Back Paper

**Year:** 1<sup>st</sup> Year

**Subject Code:** BNYS 102 T2

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

**Time:** 09.45 am to 12.45 pm

**Max. Marks:** 80

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

1. Which of the following is negative memory?
  - a. Habituation
  - b. Sensitization
  - c. Consolidation
  - d. Long term potentiation
2. Hormone present in greater concentration during ovulation is
  - a. FSH
  - b. LH
  - c. Prolactin
  - d. ACTH
3. Taste buds are absent in
  - a. Fungiform Papillae
  - b. Filiform Papillae
  - c. Foliate Papillae
  - d. Circumvallate Papillae
4. The low intensity light during night is detected by
  - a. Cones
  - b. Rods
  - c. Both cones and rods
  - d. Crystalline lens
5. Which of the following occurs after parasympathetic stimulation?
  - a. Dilation of bronchi
  - b. Contraction of detrusor
  - c. Dilation of pupil
  - d. Ejaculation
6. Which is **NOT** the symptom of hyperthyroidism of
  - a. High state of excitability
  - b. Intolerance to cold
  - c. Increased sweating
  - d. Weight loss
7. IUD acts by following mechanism except,
  - a. Interferes with endometrial preparation
  - b. Makes cervical mucus thick
  - c. Acts as a foreign body in uterus
  - d. Prevents Ovulation
8. Factor that stimulate growth hormone is
  - a. Increased blood glucose
  - b. Exogenous growth hormone
  - c. Somatomedins
  - d. Testosterone
9. Primary auditory cortex is situated in which lobe of cerebrum
  - a. Frontal
  - b. Parietal
  - c. Temporal
  - d. Occipital

10. Stimulation of single axon supplying merkel cell ending will- elicit

- a. Pain
- b. Touch
- c. Position
- d. Cold

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

**10 \*02 =20 Marks**

11. Define Cryptorchidism.
12. Define Gigantism.
13. Define Sarcomere.
14. Define Menopause
15. Schwann cells.
16. What is synaptic delay?
17. Name the Muscle Proteins.
18. Name the different stages of Spermatogenesis.
19. Exophthalmos
20. Name the Hormones of Adrenal medulla.
21. Blood Brain Barrier
22. Functions of rods and cones

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

**06 \*05 =30 Marks**

23. Write a short note on errors of refraction
24. Explain the tests for hearing
25. Explain milk ejection reflex with diagram
26. Draw and explain the components of reflex arc
27. Write a short note on myasthenia gravis.
28. Explain about the ovarian changes during menstrual cycle.
29. Write a short note on functions & lesions of hypothalamus.
30. Functions of beta cells of Pancreas

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

**02\* 10 =20 Marks**

31. Explain the different parts and functions of the cerebellum? Write note on cerebellar lesions (2+5+3).
32. Mechanism of Muscle contraction and add a note on Neuro Muscular junction (5+5).
33. Hormones of adrenal gland, its secretion function and lesion. (5+3+2).

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

**Subject Name:** Philosophy of Nature Cure

**Year Period:** November, 2022 - March, 2024

**Date:** 09.07.2024

**Examination Mode:** Back Paper

**Year:** 1<sup>st</sup> Year

**Subject Code:** BNYS 104 T1

**Batch:** 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. The representation of elements earth in human body is
  - a) Blood
  - b) Metabolism
  - c) Air sinuses
  - d) Muscles
2. According to Ayurveda the Spring season is known as
  - a) SharatRitu
  - b) VasantaRitu
  - c) GrishmaRitu
  - d) VarshaRitu
3. Which one of this is a secondary color
  - a) Red
  - b) Yellow
  - c) Blue
  - d) Green
4. The order in which the seven colour of the Spectrum are abbreviated as
  - a) RITGBOV
  - b) GYORBIV
  - c) VIBGYOR
  - d) ROGYIBV
5. Electrotherapy should not be given
  - a) If the pain is severe
  - b) If there is swelling
  - c) In muscle weakness
  - d) In case of presence of Metal Implants
6. The Fourth stage of Inflammation according to Henry Lindlher is
  - a) Abatement
  - b) Destruction
  - c) Reconstruction
  - d) Aggravation
7. Primary colours are
  - a) Red,yellow,blue
  - b) Yellow,green,blue
  - c) Red,green,blue
  - d) Red,Yellow,Green
8. Exogenous sources of free radicals are
  - a) Tobacco smoke
  - b) Heavy metals
  - c) Industrial solvents
  - d) All of these
9. One of the anatomical evidences which show that humans have evolved from primates is the presence of
  - a) Climbing muscle
  - b) Jaw muscle
  - c) Oesophagus
  - d) Appendix
10. In massage touch with movement is called as
  - a) Tapping
  - b) Beating
  - c) Stroking
  - d) Friction

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

**10 \*02 =20 Marks**

11. Contraindications of Fasting therapy
12. Four Benefits of water drinking
13. Define naturopathy
14. What is suppression according to Nature cure?
15. What is soul?
16. Moxibustion
17. Define Acupuncture
18. Compare Exercise and Yogasana
19. What is Eliminative diet
20. What are free radicals?
21. What is Natural Immunity?
22. What are Xenobiotics

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

**06 \*05 =30 Marks**

23. What is chromo diagnosis and what is the principle behind it? Write about the normal, abnormal discoloration of various body parts\ excreta and what do they indicate.
24. Toxemia
25. Prevention is better than cure – Explain
26. Inflammation according to Nature cure
27. Stress and its influence on human systems
28. Mental Hygiene
29. Interferential therapy and Ultrasound therapy
30. Acute Disease

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

**02\* 10 =20 Marks**

31. Explains Panchamahaboothas in relation to human body & Naturopathy treatments.
32. Compare Naturopathy with other system of medicine.
33. Define Nature Cure according to Henry Lindlahr? Explain in detail the 10 basic principles governing the system of Naturopathy

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

**Subject Name:** Principles of Yoga

**Year Period:** November, 2022 - March, 2024

**Date:** 10.07.2024

**Examination Mode:** Back Paper

**Year:** 1<sup>st</sup> Year

**Subject Code:** BNYS 105 T1

**Batch:** 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. The word Yuj means .....
  - a. Bonding
  - b. Meeting
  - c. Joining
  - d. None of the above
2. According to Maharshi Patanjali, Yoga is the process of gaining control over .....
  - a. Body
  - b. Soul
  - c. Mind
  - d. People
3. .... is the biggest Upanishad
  - a. Brhadaranyaka
  - b. Kenopanishad
  - c. Mundakal
  - d. Rigveda
4. Crown chakra is also called as .....
  - a. Sahasrara
  - b. Ajna
  - c. Anahata
  - d. Vishuddha
5. The concept of Panchakosha is derived from ..... Upanishad
  - a. Kena
  - b. Taittiriya
  - c. Samaveda
  - d. Isha
6. VISAK is the practice for .....Kosha
  - a. Anandamaya
  - b. Manomaya
  - c. Vijnanamaya
  - d. Pranamaya
7. Which one of the following is a Panchaprana
  - a. Vyana
  - b. Kurma
  - c. Dhananjaya
  - d. Devadatta
8. Brahmari should not be practiced by ..... patients
  - a. Diabetic
  - b. Epilepsy
  - c. Sinusitis
  - d. None of the above
9. Which one of the following is not a Bandha practice?
  - a. Moola
  - b. Uddiyana
  - c. Jalandhara
  - d. Shambhavi
10. Which one of the following is not a sitting posture asana?
  - a. Ardhamatysendrasana
  - b. Vakrasana
  - c. Sethubandasana
  - d. Padmasana

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

**10 \*02 =20 Marks**

11. List any four Bandha practice
12. Mention any one definition of Yoga from Upanishads
13. Name any two Nath Sect Yogis
14. Benefits and Limitations Vakrasana
15. Write a note on Mantra chanting
16. List down the Panchaprana
17. Practices for Manomayakosha
18. What is Shambhavi Mudra?
19. Define Tantra Yoga
20. Diet according to Bhagavdgita
21. What is Quick Relaxation Technique
22. Write a note on Ajna chakra

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

**06 \*05 =30 Marks**

23. Concept of Hatha yoga
24. Explain in detail any two supine posture Asanas
25. List down the Asana for intermediate practitioners
26. What is Mudra and explain the types of Mudras
27. Enumerate the concept of Dhyana
28. Explain the types of Yamas according to Maharshi Patanjali.
29. Explain in detail Jala nethi practice.
30. Write a note on Vedas

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

**02\* 10 =20 Marks**

31. Define Pranayama. Explain in detail any four Pranayama along with its significance.
32. Explain in detail regarding Astanga Yoga.
33. What is Mudra? List down the principles applied in the practice of Mudras. Explain in detail any 2 Mudras