

Program – B P T

Question Papers

Yearly Examinations

February & March, 2025

BPT

Ist Year

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
A Deemed to be University established under Section 3 of the UGC Act, 1956

Program: BPT
Subject Name: Biochemistry
Year Period: Dec, 2023 – Feb, 2025
Date: 22.02.2025
Examination Mode: Regular

Year: 1st Year
Subject Code: BPT 105 T
Batch: December, 2023
Time: 09.45 am to 12.45 pm
Max. Marks: 100

General Instructions:

1. Read all the questions carefully and then start writing
2. Do not write anything on the question paper
3. Write your registration number on the rectangular space provided here

Reg No:

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

10 *02 =20 Marks

1. Define Zwitterions and properties
2. Glycogenolysis
3. Transamination and deamination reactions
4. Hypolipoproteinaemia condition
5. Reversible inhibition and its sub-types
6. Chargaff's rule
7. Differentiate between endopeptidase and exopeptidases
8. Which vitamin deficiency causes scurvy, and what are its symptoms?
9. Which minerals, along with their hypo- and hyper-levels, are associated with Addison's disease and Cushing's syndrome?
10. Name two steroid hormones
11. Define electrolyte balance
12. Hormonal regulation of urine production

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

12 *05 =60 Marks

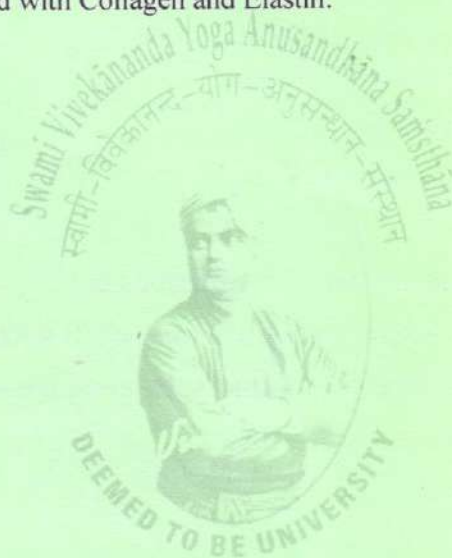
13. Explain about the principle of ninhydrin test reaction with limitation
14. Define epimers, example with structure
15. Explain about Pyruvate Dehydrogenase Complex.
16. Pros and cons of urea against ammonia.
17. Details about energetic of palmitic acid.
18. Explain about Induce fit theory
19. Diagnostic importance of enzymes
20. Principal bases, nucleosides and Nucleotides present in RNA
21. What is BMR and Factor effecting BMR

22. Describe the process of carbohydrate digestion in the human digestive system, including the enzymes involved and where each step occurs.
23. Give classification of hormones based on mechanism of action, state one key difference, and provide an example for each type
24. Mention the source of aldosterone and its role in maintaining electrolyte balance.
25. Function of kidney and general kidney function tests.
26. Define buffer. Give 3 three major buffers in the body fluids

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

02* 10 =20 Marks

27. Explain citric acid cycle with energetic.
28. Describe the salient features of Watson and Crick model of DNA (with diagram).
29. Abnormalities associated with Collagen and Elastin.



Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
A Deemed to be University established under Section 3 of the UGC Act, 1956

Program: BPT
Subject Name: Basic Kinesiology
Year Period: Dec, 2023 – Feb, 2025
Date: 24.02.2025
Examination Mode: Regular

Year: 1st Year
Subject Code: BPT 106 T
Batch: December, 2023
Time: 09.45 am to 12.45 pm
Max. Marks: 100

General Instructions:

1. Read all the questions carefully and then start writing
2. Do not write anything on the question paper
3. Write your registration number on the rectangular space provided here

Reg No:

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

10 *02 =20 Marks

1. What do you mean by segmental Centre of gravity?
2. Give an example of tensile force in human body
3. Define abduction and adduction. Mention the axis and planes
4. What are static and kinetic friction?
5. Name the joints under amphiarthrosis
6. What is synovial fluid?
7. Name the types of muscle fibres
8. What are synergistic muscles? Give example
9. Define neuromuscular junction
10. What is disuse atrophy?
11. Define Bernoulli's theorem?
12. What is waddling gait?

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

12 *05 =60 Marks

13. What is the relation with stability and centre of gravity?
14. What are the functions of levers? Explain briefly with an example
15. When is the moment arm of muscle force least, and when is it maximum? Explain with respect to angle of pull of muscle.
16. Explain convex- concave rule with respect to movements occurring at joints.
17. Explain kinematic chain movements in the human body with an example.
18. What are the differences between hypermobility and hypomobility? What is end feel?
19. What is osteokinematics and arthrokinematics? Explain with example
20. Describe the type of movement available in pivot joint with example.
21. How is the action of prime mover different from synergist? Explain with an example

22. Differentiate between active insufficiency and passive insufficiency?
23. What are intrafusal and extrafusal muscle fibres?
24. Explain the postural deviations in the human body.
25. Differentiate between stance and swing phase of gait cycle.
26. What postural abnormalities are seen due to foot drop?

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

02* 10 =20 Marks

27. How do you resolve a muscle force acting on a joint? Explain the effect of muscle force at different action lines of force.
28. What is joint range of motion? Explain its types with an example. Mention different ways by which range of motion is measured.
29. Explain the effects of ageing and over use on muscles.



Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
A Deemed to be University established under Section 3 of the UGC Act, 1956

Program: BPT
Subject Name: Counselling & Guidance
Year Period: Dec, 2023 – Feb, 2025
Date: 12.02.2025

Year: 1st Year
Subject Code: OVAC 103 T
Batch: December, 2023
Time: 09.45 am to 11.00 am
(1hr 15 Min)
Max. Marks: 40

Examination Mode: Regular

General Instructions:

1. Read all the questions carefully and then start writing
2. Do not write anything on the question paper
3. Write your registration number on the rectangular space provided here

Reg No:

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

05 *02 =10 Marks

1. Definition of guidance
2. Describe the benefits of active listening in counselling
3. Mention any two roles of parental counselling in supporting the development of children with physical disabilities?
4. What are some common challenges faced by peer counselors in physiotherapy?
5. What is verbal and non-verbal communication?
6. What is the primary goal of family counselling?
7. Mention few basic communication skills in counselling

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

04 *05 =20 Marks

8. Mention the steps involved in family counselling
9. Explain the differences between directive and non- directive counselling
10. Describe the importance of confidentiality and trust in adolescent counselling
11. Describe the objectives of guidance and counselling
12. Discuss the importance of family and community in Indian culture and their impact on counselling.
13. A physiotherapy student is having difficulty with time management and organization. Describe how you would use guidance and counselling principles to support this student

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

01*10 = 10 Marks

14. Explain in detail about micro skills of Counselling and guidance.
15. Give a detailed explanation on how will you give counselling for your friend who is having anxiety and depression syndrome due to his family conditions.

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
A Deemed to be University established under Section 3 of the UGC Act, 1956

Program: BPT

Subject Name: English Communication and Soft Skills

Year Period: Dec, 2023 – Feb, 2025

Date: 07.02.2025

Examination Mode: Regular

Year: 1st Year

Subject Code: MVAC 102 T

Batch: December, 2023

Time: 09.45 am to 11.00 am (1 hr 15 Min)

Max. Marks: 40

General Instructions:

1. Read all the questions carefully and then start writing
2. Do not write anything on the question paper
3. Write your registration number on the rectangular space provided here

Reg No:

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

05 *02 =10 Marks

1. Define clarity
2. Name the communication skills required by Physiotherapists.
3. Give an example of usage of Quotation mark
4. What is Proxemics?
5. When is an apostrophe used? Give an example
6. When is an ellipsis used?
7. Define accuracy?

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

04 *05 =20 Marks

8. Differentiate between upward and downward communication
9. What is a hyphen? When is it used? Explain with an example
10. Give some examples of verbal communication?
11. What are the differences between letter writing and email writing?
12. What are the qualities of effective written communication?
13. What are the strengths of written communication?

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

01*10 = 10 Marks

14. What are punctuation marks? Mention the types of punctuation used in grammar.
15. Write a letter to the Principal, requesting permission to participate in a state sports competition.

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
A Deemed to be University established under Section 3 of the UGC Act, 1956

Program: BPT

Subject Name: Human Anatomy

Year Period: Dec, 2023 – Feb, 2025

Date: 18.02.2025

Examination Mode: Regular

Year: 1st Year

Subject Code: BPT 103 T

Batch: December, 2023

Time: 09.45 am to 12.45 pm

Max. Marks: 100

General Instructions:

1. Read all the questions carefully and then start writing
2. Do not write anything on the question paper
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Reg No:

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

10 *02 =20 Marks

1. What is opposition? Name the muscle causing this movement
2. Name the structures forming the roof of the cubital fossa
3. Dupuytren's contracture
4. What is talipes equinovarus?
5. Name the movements possible in the sagittal plane of knee joint. Which muscles causes such movements?
6. What is torticollis? Which muscle is affected in this condition?
7. Foramen transversarium
8. Unpaired bones of the calvaria
9. Name the different types of muscle tissue
10. What are the differences between spermatogenesis and oogenesis?
11. Differentiate between grey and white matter.
12. What connects the left and right hemispheres of the brain?

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

12 *05 =60 Marks

13. Name all the intrinsic muscles of hand
14. Name a multipennate muscle present over the arm. Mention about its insertion, nerve supply and action
15. How can we measure the 'Q' angle? Brief about the deformities associated with alteration in the Q angle.
16. Discuss the anatomy of the foot, focusing on the arches (medial, lateral, and transverse), their role in weight distribution, and their clinical significance in conditions like flat feet.
17. What is diaphragm. Mention about its nerve supply and role.
18. What is linea terminalis. Support the explanation with a neat diagram

19. Explain the anatomical features of the zygomatic bone.
20. Provide a detailed account of the boundaries and contents of the carotid and muscular triangle
21. What are the characteristics of skeletal, smooth and cardiac muscle tissues?
22. What is neurulation?
23. Explain the composition and functions of the meninges.
24. Explain the blood supply to the brain by the carotid arteries
25. What is plantar aponeurosis? Enumerate its functions
26. Describe the radio-carpal joint under the following headings
 - a. Formation and type
 - b. Movements and name of any two muscles causing those movements

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

02* 10 =20 Marks

27. Describe the general features of phalanges. How many phalanges are present in each hand?
Name the joints formed by these phalanges.
28. What are the specific anatomical structures present in C,T, L spine which makes it different from each other. List the common attachments across the C,T,L spine.
29. Discuss the blood supply to the brain, focusing on the Circle of Willis.

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
A Deemed to be University established under Section 3 of the UGC Act, 1956

Program: BPT
Subject Name: Human Physiology
Year Period: Dec, 2023 – Feb, 2025
Date: 20.02.2025
Examination Mode: Regular

Year: 1st Year
Subject Code: BPT 104 T
Batch: December, 2023
Time: 09.45 am to 12.45 pm
Max. Marks: 100

General Instructions:

1. Read all the questions carefully and then start writing
2. Do not write anything on the question paper
3. Write your registration number on the rectangular space provided here

Reg No:

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

10 *02 =20 Marks

1. Enumerate any 4 differences between WBC and RBC
2. What is Neuropraxia?
3. Myocardial infraction
4. What is alveolar air?
5. Define nitrogen narcosis
6. Properties and composition of saliva
7. Glaucoma
8. Cochlea
9. Babinski's sign
10. Renal failure
11. Tubectomy
12. Sertoli cells

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

12 *05 =60 Marks

13. Write a note on cytoskeleton
14. Mention the functions of haemoglobin
15. Explain Erythroblastosis foetalis
16. Describe neuromuscular junction with diagram.
17. Waves of normal ECG.
18. Renin angiotensin mechanism
19. Write note on surfactants?
20. Digestion and absorption of protein and lipids
21. Explain the action and regulations of secretion of cortisol
22. Accommodation reflex.

23. Effects of lesion in optic pathway

24. Differentiate UMNL and LMNL

25. Write a note on micturition reflex.

26. Placental hormones

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

02* 10 =20 Marks

27. Explain in detail on the mechanism involved in blood coagulation.

28. Composition function regulation and secretion of saliva.

29. Give an account on lactation. Explain the role of hormones in lactation.



Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
A Deemed to be University established under Section 3 of the UGC Act, 1956

Program: BPT

Subject Name: Introduction to Healthcare Delivery System in India

Year Period: Dec, 2023 – Feb, 2025

Date: 11.02.2025

Year: 1st Year

Subject Code: MVAC 104 T

Batch: December, 2023

Time: 09.45 am to 11.00 am
(1hr 15 Min)

Max. Marks: 40

Examination Mode: Regular

General Instructions:

1. Read all the questions carefully and then start writing
2. Do not write anything on the question paper
3. Write your registration number on the rectangular space provided here

Reg No:

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

05 *02 =10 Marks

1. What is the significance of the Primary Health Centre (PHC) in rural areas of India?
2. Mention two major issues faced by India's healthcare delivery system
3. Define National Health Mission (NHM) and its primary objective
4. What is the significance of the National Immunization Programme in India?
5. Name two major National Health Programmes in India and briefly mention their targets
6. Brief about the timeline of AYUSH.
7. Brief about the course of Homeopathy

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

04 *05 =20 Marks

8. How does the healthcare delivery system at primary, secondary, and tertiary levels contribute to universal health coverage in India?
9. Describe the action plan and operational strategy of the National Vector Borne Disease Control Programme (NVBDCP)
10. Explain about the history of Siddha
11. Brief about the healthcare scenario in 21st century
12. Brief about the different methods of recording vital statistics.
13. Explain about the control measures employed for the communicable diseases

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

01*10 = 10 Marks

14. Examine the various issues in India's healthcare delivery system, such as infrastructure deficits, workforce shortages, and access to healthcare in rural areas. How can these issues be addressed?
15. Enumerate the importance of epidemiological studies. Brief about various methods used in epidemiological research.

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
A Deemed to be University established under Section 3 of the UGC Act, 1956

Program: BPT

Subject Name: Introduction to Physiotherapy and Rehabilitation

Year Period: Dec, 2023 – Feb, 2025

Date: 10.02.2025

Year: 1st Year

Subject Code: MVAC 103 T

Batch: December, 2023

Time: 09.45 am to 11.00 am

(1hr 15 Min)

Max. Marks: 40

Examination Mode: Regular

General Instructions:

1. Read all the questions carefully and then start writing
2. Do not write anything on the question paper
3. Write your registration number on the rectangular space provided here

Reg No:

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

05 *02 =10 Marks

1. Define Physiotherapy
2. What is ICMR?
3. What is non-maleficence
4. Define WCPT.
5. What is PHC?
6. Name the models of rehabilitation.
7. What is CBR?

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

04 *05 =20 Marks

8. Write a note on scope of physiotherapy.
9. Write a note on core professional values in physiotherapy
10. Write a note on aims and objectives of IAP
11. Explain about the role of rehabilitation in health systems
12. Write a note on community based rehabilitation
13. Rehabilitation in emergencies

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

01*10 = 10 Marks

14. Explain in detail on ethics and principles of physiotherapy practice.
15. Explain in detail on rehabilitation as a key strategy of health in 21st century.

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
A Deemed to be University established under Section 3 of the UGC Act, 1956

Program: BPT

Subject Name: Introduction to Yoga

Year Period: Dec, 2023 – Feb, 2025

Date: 06.02.2025

Examination Mode: Regular

Year: 1st Year

Subject Code: MVAC 101 T

Batch: December, 2023

Time: 09.45 am to 11.00 am (1 hr 15 Min)

Max. Marks: 40

General Instructions:

1. Read all the questions carefully and then start writing
2. Do not write anything on the question paper
3. Write your registration number on the rectangular space provided here

Reg No:

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

05 *02 =10 Marks

1. What is Yoga?
2. Write two misconceptions about Yoga
3. What are 4 paths of Yoga?
4. What is Veda? Write the 4 Vedas name
5. Definition of yoga according to Bhagavad gita
6. Explain Saptanga yoga
7. Write the contribution on yoga to the society by Dr. H R Nagendra

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

04 *05 =20 Marks

8. Write the two scriptural definition of yoga with explanation
9. Explain Sadhana chatustaya
10. What is Upanishad? Write the major 10 Upanishads name
11. Describe the definition, principle, objective and components of Pranayama
12. Write the definition, aim and objectives of Hatha Yoga
13. Explain Tri gunas

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

01*10 = 10 Marks

14. Explain the history and Development of Yoga.
15. Explain Sat kriyas

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
A Deemed to be University established under Section 3 of the UGC Act, 1956

Program: BPT
Subject Name: Psychology
Year Period: Dec, 2023 – Feb, 2025
Date: 13.02.2025
Examination Mode: Regular

Year: 1st Year
Subject Code: BPT 101 T
Batch: December, 2023
Time: 09.45 am to 11.00 am (1Hr 15 Min)
Max. Marks: 40

General Instructions:

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

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

05 *02 =10 Marks

1. What is introspection? Give an example
2. What is "Nature vs. Nurture controversy?"
3. What is the Gestalt principle of figure-ground?
4. Explain the concept of primary motives with examples
5. Define trial-and-error learning
6. Mention any two types of personality assessment
7. Define geriatric psychology

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

04 *05 =20 Marks

8. Differentiate between physical and psychological development with examples
9. Analyze the relationship between attention and perception
10. What are the common causes of interpersonal conflict?
11. Explain Schachter-Singer's two-factor theory of emotion
12. Compare and contrast crystallized and fluid intelligence
13. Explain how heuristics influence problem-solving

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

01*10 = 10 Marks

14. Explain the different branches of psychology with examples
15. Compare the psychoanalytic and behavioristic approaches to personality.

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
A Deemed to be University established under Section 3 of the UGC Act, 1956

Program: BPT

Subject Name: Sociology

Year Period: Dec, 2023 – Feb, 2025

Date: 15.02.2025

Examination Mode: Regular

Year: 1st Year

Subject Code: BPT 102 T

Batch: December, 2023

Time: 09.45 am to 11.00 am (1Hr 15 Min)

Max. Marks: 40

General Instructions:

1. Read all the questions carefully and then start writing
2. Do not write anything on the question paper
3. Write your registration number on the rectangular space provided here

Reg No:

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

05 *02 =10 Marks

1. Mention the difference between social surveys and questionnaires.
2. What is anticipatory socialization? Give an example
3. Differentiate between formal and informal groups
4. What is meant by community health?
5. What is Social deviance
6. List some key social security measures for disabled individuals
7. Suggest two strategies to eradicate the Beggary.

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

04 *05 =20 Marks

8. Explain the significance of sociological investigations in the healthcare field.
9. Discuss the role of family as an agency of socialization.
10. Explain the unique health challenges faced by tribal communities
11. Explain the functions of a family with examples
12. Write a note of cultural taboos and stigmas.
13. Write the short note on juvenile delinquency.

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

01*10 = 10 Marks

14. Discuss how social inequalities affect healthcare outcomes in rural areas.
15. Discuss the social, psychological, and economic consequences of geriatric problems and suggest possible interventions.