

BNYS

February - 2023

Examination

Question Papers

?

BNYS 4th Year

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: Clinical Naturopathy
Year Period: April, 2022 – March, 2023
Date: 06.03.2023
Examination Mode: Regular/Back Paper

Year: 4th Year
Subject Code: BNYS 407 T1
Batch: Aug, 2018 & Aug, 2017
Time: 02.00 pm to 05.00 pm
Max. Marks: 80

General Instructions:

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

Reg No:

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

1. CPAP device is an abbreviation for
 - a. Correction of Partial Airway Pressure
 - b. Completion of Partial Airway Pressure
 - c. Continuous Positive Airway Pressure
 - d. Complete Positive Airway Pressure
2. Fat content in keto diet is ____%
 - a. 75 to 90
 - b. 5 to 3
 - c. 20 to 10
 - d. 50 to 60
3. Which enema is advised in IBD
 - a. Ice cold water enema
 - b. Buttermilk enema
 - c. Neem water enema
 - d. Both B & C
4. Select the best therapy for reducing systolic BP acutely
 - a. Neutral immersion bath
 - b. Hot fomentation to abdomen
 - c. Ice massage to spine
 - d. Neutral spinal spray
5. Buck wheat is indicated in
 - a. CKD
 - b. T2DM
 - c. Hypertension
 - d. All of the above
6. Caffeine blocks _____ receptor and hence interrupts with sleep
 - a. Melatonin
 - b. Tryptophan
 - c. Adenosine
 - d. Serotonin
7. In “ANTPIE” approach in treatment of ADHD, A stands for
 - a. Abstain
 - b. A Vitamin
 - c. Accumulation
 - d. Addition
8. Which therapy reduces the cerebral perfusion
 - a. Steam bath
 - b. Sauna Bath
 - c. Hot foot Immersion
 - d. Both A & B.
9. Property of Arnica Montana
 - a. Analgesic
 - b. Anti-inflammatory
 - c. Anticoagulant
 - d. Antipyretic.
10. Forbidden points of Stomach meridian.....
 - a. St 17
 - b. St 25
 - c. St 36
 - d. St 40

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

11. What blocks could arise in a naturopathy treatment setting?
12. Define screening. What is its relevance in Naturopathy?
13. Define Enervation
14. Primordial prevention
15. Peppermint oil
16. Dysbiosis
17. What are the various lifestyle practices that deteriorate the nerve energy?
18. Importance of Ginko Biloba
19. Herbs for treating Alzheimer's disease
20. Warburgh Effect
21. Importance of fever.
22. Liver flush

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

23. What are the naturopathy treatments that are offered in Spas? How are they different from the ones given in Naturopathy hospitals?
24. What are the various lifestyle practices that deteriorate the nerve energy?
25. Explain the pathophysiology of psoriasis. What is the naturopathic view on it? How can this condition be handled through naturopathy and yoga?
26. Naturopathic management for APD
27. Write about the management of common cold and cough through Naturopathy treatments.
28. Elaborate on Important modes and methods for natural rejuvenation
29. Write about the pathophysiological events happening prior to vomiting. Write about its management via acupuncture, aromatherapy, massage and diet.
30. Management of Depression through Heliotherapy, chromo therapy and Hydrotherapy

Long Essay (Attempt any Two) – 10 Marks for Each Question**10*2 = 20 Marks**

31. Discuss about lifestyle diseases, their diagnostic methods and what specific naturopathic measures can to be taken at different levels of prevention for the same
32. Describe the features of Parkinson's disease. Explain in detail about its management through naturopathic treatment measures. Do add a note about the herbs useful in its treatment
33. Define fever. Explain the mechanism of thermoregulation and naturopathic perspective of fever. Write in detail about naturopathic treatments indicated and contraindicated in fever along with reasons

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: Fasting Therapy & Dietetics

Year Period: March, 2022 – February, 2023

Date: 21.02.2023

Examination Mode: Regular

Year: 4th Year

Subject Code: BNYS 401 T1

Batch: August, 2018, Aug, 2017 & Aug, 2015 YB

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 Guna is developed in a fasting practitioner?
 - a. Rajas
 - b. Tamas
 - c. Sattva
 - d. All of the above
2. Papaya juice is not advised in which of the following condition?
 - a. Constipation
 - b. Pregnancy
 - c. Lactation
 - d. OA of Knee
3. Which of the following is an example of tree nut?
 - a. Almond
 - b. Cashew
 - c. Brazil nut
 - d. All of the above
4. Which of these nuts contain 20% vitamin C?
 - a. Hazelnut
 - b. Peanut
 - c. Cashew nut
 - d. Chestnut
5. Which of the following comes under grain processing in India?
 - a. Oil seed processing
 - b. Wheat processing
 - c. Oil seed & Wheat processing
 - d. None of the above
6. Which of the following vegetable is usually canned during packaging method?
 - a. Green peas
 - b. Carrot
 - c. Beetroot
 - d. None of the above
7. Honey contains:
 - a. Carbohydrates and minerals
 - b. Minerals and proteins
 - c. Sugar, minerals and enzymes
 - d. Lactose, fat and minerals
8. Which of the following fruit is available majorly in summer season?
 - a. Mango
 - b. Ice apple
 - c. Jackfruit
 - d. All of the above
9. How many Kcal is advised for a lactating women per day?
 - a. 1600-1800
 - b. 2000-2400
 - c. 1200-1600
 - d. None of the above
10. Which of the following is a Galactagogue?
 - a. Garlic
 - b. Ginger
 - c. Tomato
 - d. Pineapple

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

11. Hibernation of insects
12. Note on Knol-Khol juice
13. Role of juice therapy in Anemia.
14. How to manage headache during fasting?
15. Define study design.
16. Importance of Fasting in fever
17. How to manage Vit B 12 deficiency through diet?
18. Ill-effects of sugar in DM.
19. Shellfish poisoning
20. Role of Juice therapy during Dehydration.
21. What is the ideal weight gain advised for a healthy, over weight and an obese pregnant women?
22. Rotterdam criteria for diagnosing PCOD

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

23. Spiritual meaning of Islamic Fasting.
24. Write in detail about benefits, contra-indications of Wheat grass juice and Beetroot juice.
25. Psychological barriers during fasting and ways to overcome them.
26. "Fasting as a way to boost your immune system". Explain this statement through a research article.
27. Importance of function of eliminative organs in maintaining health.
28. Role of fruit intake in PCOD. Mention the uterine friendly fruits in particular and explain in detail.
29. How to prevent the vitamin and mineral related deficiencies during pregnancy through dietary management?
30. Role of hormones in lactating women to produce sufficient breast milk. How does diet and lifestyle management plays a major role in balancing the hormones for a better breast feeding experience.

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

31. Type of fasting according to Jainism and explain.
32. What are the various methods to make a healthy meal affordable to everyone?
33. Role of seasonal changes in prescribing raw diet to an individual.

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: First Aid & Emergency Medicine

Year Period: April, 2022 – March, 2023

Date: 03.03.2023

Examination Mode: Regular/Back Paper

Year: 4th Year

Subject Code: BNYS 406 T1

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

Time: 02.00 pm to 05.00 pm

Max. Marks: 80

General Instructions:

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

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

1. What is the best definition of the "Hurry Cases"?
 - a. Breathing, bleeding and broken bones.
 - b. Any condition that threatens a victim's life.
 - c. Any illness where the victim vomits.
 - d. Any accident requiring rescue breathing
2. You are at your grandmother's house. Your grandmother is unresponsive and has stopped breathing. You are giving her mouth-to-mouth breathing. Which of the following statement is the best explanation for the positive effects of rescue breaths?
 - a. Rescue breaths helps overcome any airway obstruction that may be blocking the airway
 - b. Rescue breaths will maintain a normal arterial oxygen content
 - c. Rescue breathing might help defibrillate the heart
 - d. Rescue breaths are a quick, effective way to provide oxygen to the victim
3. You are performing 2-rescuer CPR. You are positioned at the victim's head. When you initially open the unresponsive victim's airway and find that he is not breathing adequately, how many initial breaths should you give?
 - a. 1
 - b. 2
 - c. 3
 - d. 4
4. What applies to a victim with a reduced consciousness?
 - a. The victim is still capable to speak.
 - b. The victim is in shock.
 - c. The victim does not react to speaking and shaking.
 - d. The victim is still alert.
5. Following drug is used as antidote for OP poisoning.....
 - a. Epinephrine.
 - b. Promethazine.
 - c. Atropine.
 - d. Benzodiazepine

6. A 35 years old man is brought to the Emergency Room unresponsive by ambulance. He is cyanotic with a BP of 100/80 and pulse of 75. His arterial blood gases on room air are: PaO₂= 45mmHg; PaCO₂=75mmHg; pH=7.12. The most appropriate therapeutic intervention is:
- Administration of bicarbonate IV
 - Consider mechanical ventilation
 - Administer bronchodilators
 - Administer steroids IV
7. You are caring for a patient with Pneumonia. The patient has just started treatment for Pneumonia and is still experiencing hypoxemia. You know that respiratory acidosis is very common with patient with Pneumonia. Which blood gas readings below represent respiratory acidosis that is NOT compensated?
- pH = 7.29, PaCO₂ = 55, HCO₃ = 23, PO₂ = 85
 - pH = 7.48, PaCO₂ = 35, HCO₃ = 22, PO₂ = 85
 - pH = 7.20, PaCO₂ = 20, HCO₃ = 28, PO₂ = 85
 - pH = 7.55, PaCO₂ = 63, HCO₃ = 19, PO₂ = 85
8. What is the BEST position in which to place a patient with massive haemoptysis?
- Affected side up.
 - Affected side down.
 - Reverse Trendelenburg.
 - Trendelenburg.
9. Myxedema coma does not involve.....
- Low body temperature.
 - Altered mental state.
 - Hypokalaemia.
 - Bradycardia.
10. A patient with AKI has a urinary output of 350 ml/day. In addition, morning labs showed an increased BUN and creatinine level along with potassium level of 6 mEq/L. What type of diet ordered by the physician is most appropriate?
- Low-sodium, high-protein and low-potassium
 - High-protein, low-potassium and low-sodium
 - Low-protein, low-potassium and low-sodium
 - High-protein and high-potassium

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

10*2 = 20 Marks

- What stands for DR'S ABCDE
- Points to be considered for recovery position in case of heavy casualty
- Types of amputation
- Why morphine is contraindicated in scorpion bite
- Beck's triad
- Muffled heart sound
- McGinn white sign
- IPPV in ARDS
- Zollinger Ellison syndrome
- Dieufaloy's lesion
- Non cranial causes of convulsion
- Stridor

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

06*5 = 30 Marks

23. Procedure, advantages and disadvantages of Holger Neilsen method
24. Heimlich maneuver in children
25. Why anaphylactic shock is a life threatening shock?
26. How thermal injury can cause hypovolemic shock?
27. How does cardiac tamponade can cause hypotension and increased JVP?
28. CECT severity index of acute pancreatitis
29. Classification of Gullian Barre Syndrome
30. Synacthen test in acute adrenal crisis

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

10*2 = 20 Marks

31. Difference between burns and scalds. Specific management of different degrees of burns. Write in detail about rule of nine's in children and adults. Short note on Electrical burns.
32. Define cardiogenic shock. Enumerate the causes, clinical features and laboratory findings of cardiogenic shock. Add a note on preventive measurements of it.
33. Define Acute biliary colic. Write in detail about aetiology, clinical features, clinical investigations and emergency management of Acute biliary colic. Short note on Charcot's triad.

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

Subject Name: Hydrotherapy & Mud Therapy

Year Period: April, 2022 – March, 2023

Date: 27.02.2023

Examination Mode: Regular / Back Paper

Year: 4th Year

Subject Code: BNYS 404 T1

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

Time: 02.00 pm to 05.00 pm

Max. Marks: 80

General Instructions:

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

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

10 *01 =10 Marks

1. Which of the following hormone is responsible for skin colour?
 - a. Melatonin
 - b. Melanin
 - c. Prolactin
 - d. Leptin
2. Apotheraphia was a term coined by Celsus in Roman civilization indicating 'a perfect therapeutic system'. What were its components?
 - a. Exercise, Friction and Water bath
 - b. Exercise, Friction and Water intake
 - c. Friction, Water intake and Sleep
 - d. Exercise, Water intake and sleep
3. Which of the following instrument is used to measure heat?
 - a. Calorimeter
 - b. Thermometer
 - c. Pyrometer
 - d. Thermistor
4. Cold applications to which part of the body excites renal activity?
 - a. Lower third of the sternum
 - b. Forehead
 - c. Hands
 - d. None of the above
5. Average body temperature (F)
 - a. 99.6
 - b. 98.6
 - c. 97.6
 - d. 96.6
6. Which of the following instrument is used to measure heat?
 - a. Calorimeter
 - b. Thermometer
 - c. Pyrometer
 - d. Thermistor
7. Cholagogic effect pertains to
 - a. Increased functioning of the liver
 - b. Increased functioning of the intestine
 - c. Reduced functioning of the uterus
 - d. Increased functioning of the brain.
8. Which of the following increases urinary output?
 - a. Calorific
 - b. Derivative
 - c. Antipyretic
 - d. None of the above
9. Which of the following is an indication for a cold sitz bath treatment?
 - a. Inflammation of the abdominal viscera
 - b. Painful bladder
 - c. Sciatica
 - d. Hepatic congestion

10. Which therapy is best in diabetic neuropathy
- Hot mud to B/L lower limb
 - Plantar douche
 - Neutral leg pack
 - All the above

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

10 *02 =20 Marks

- Chemical Properties of water.
- Various modes of heat loss from the body
- Measures that encourage general and local metabolic activity
- Liver Tonics
- Define the Revulsive effect
- Define incomplete reaction
- Define cholagogic effect
- Indications of the Plunge bath
- Procedure of GH pack?
- Procedure of Rain douche.
- Name the components of Turkish bath
- Mud beautification.

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

06 *05 =30 Marks

- Explain in brief the different types of Calorimeters.
- Explain in detail about the heart tonics.
- Explain the general indications and contraindications of hydrotherapy measures.
- Explain the role of water in acute and chronic diseases
- Mention different types of arthritis and Hydrotherapy prescriptions for Osteoarthritis of the Knee.
- Explain in detail the different hydratic measures employed in fever
- Explain the procedure of immersion bath and add a note on indications and contraindications of immersion baths of different temperatures.
- Explain the methods of collection, storage and preparation of mud for therapy

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

02* 10 =20 Marks

- Define Obesity, and mention the classification of obesity and its diagnosis. Give the hydrotherapy prescription for Obesity
- Define douche, classify and explain the different types of douches and give the general indications and contraindications of douche.
- Mention in detail different methods of Mud applications and their therapeutic benefits.

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: Obstetrics & Gynaecology

Year Period: April, 2022 – March, 2023

Date: 23.02.2023

Examination Mode: Regular

Year: 4th Year

Subject Code: BNYS 402 T1

Batch: Aug, 2018, Aug, 2017 & Aug, 2015(YB)

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. Fertilizable life span of oocyte range from-----
 - a. 12-24 hrs
 - b. 24 -48 hrs
 - c. 48-72hrs
 - d. 6-12hrs
2. Which is the immediate management action during eclampsia.
 - a. antiepileptic
 - b. clear the airway obstruction
 - c. prevent from fall
 - d. ivmgs04
3. The safest method of termination of pregnancy before 12 weeks
 - a. d&c
 - b. s&e
 - c. prostaglandins
 - d. laminaria tent
4. Where does implantation of the blastocyst occur?
 - a. Fallopian tube
 - b. Endometrium
 - c. Ovary
 - d. Cervix
5. This occurs on days 1 to 5 of the menstrual cycle.
 - a. The lining of the uterus builds up
 - b. An egg is released from the ovaries
 - c. Shedding of the lining of the uterus
 - d. The lining of the uterus remains in place in preparation for the possible arrival of an early embryo.
6. The major biological change during the climacteric is that they _____ become(s) less capable of responding to FSH.
 - a. Uterus
 - b. cervix
 - c. vagina
 - d. ovaries

7. Syphilis is a complex systemic sexually transmitted infection caused by:
 - a. A virus.
 - b. A fungus.
 - c. A helminth.
 - d. The spirochete.
8. The most common cause of rectovaginal fistula is
 - a. Obstetrical
 - b. irradiation of the pelvis
 - c. endometriosis
 - d. carcinoma
9. The most effective treatment of pruritis vulvae associates with atrophic vulvitis
 - a. Antihistamines
 - b. hydrocortisone
 - c. tranquilizers
 - d. topical estrogen therapy
10. Surgical removal of uterus is called _____
 - a. Vasectomy.
 - b. Hysterectomy.
 - c. Tubectomy
 - d. Oophorectomy.

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

10*2 = 20 Marks

11. Obstetric conjugate
12. Dizygotic twins.
13. Abruption placenta
14. Vasa previa
15. Emergency contraception
16. Difference between true pelvis and false pelvis
17. List 4 menopausal symptoms
18. Endocrinology relation to reproduction
19. Genital tuberculosis
20. Pyometra
21. cryptomenorrhoea
22. Management of polyps?

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

06*5 = 30 Marks

23. Trophoblast.
24. Briefly explain spermatogenesis and oogenesis
25. APGAR scoring
26. Management of hyperemesis gravidarum, add a note about the dietary management
27. Write in detail role of estrogen and progesterone during menstruation and menopause
28. Urinary incontinence
29. Salpingitis
30. Write the management of simple cyst in a premenopausal woman?

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

02*10 = 20 Marks

31. Antenatal and post-natal management through general exercises and hydrotherapy
32. Endometriosis – its sites of occurrence. Pathogenesis & clinical presentation of pelvic endometriosis
33. Define & describe the etiology of female infertility. Write the diagnosis and management of tubal causes of infertility.

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
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Program: BNYS
Subject Name: Physical Medicine & Rehabilitation
Year Period: April, 2022 – March, 2023
Date: 01.03.2023
Examination Mode: Regular

Year: 4th Year
Subject Code: BNYS 405 T1
Batch: Aug, 2018 & Aug, 2017
Time: 02.00 pm to 05.00 pm
Max. Marks: 80

General Instructions:

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

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

1. Friction is the resistive force offered by the surface, when one surface moves over the other, which is _____.
 - a. Directly proportional to the area of the surface in contact
 - b. Nature of the surface
 - c. Weight of the moving object
 - d. All of the above
2. In a pulley maximum resistance force is produced when the angle of pulley
 - a. In line with the moving bone
 - b. 90 to the moving bone
 - c. 60 with moving bone
 - d. 45 with the moving bone
3. TENS is contraindicated in the region of _____.
 - a. Cardiac pacemaker
 - b. Carotid sinus
 - c. Hearing aids
 - d. All of the above
4. Frequency of faradic type current is _____.
 - a. 30Hz
 - b. 30-50Hz
 - c. 50-100Hz
 - d. More than 100Hz
5. While deciding the dosage of iontophoresis, intensity is:
 - a. Directly proportional
 - b. Inversely proportional
 - c. Dosage does not depend on intensity
 - d. None of the above
6. In UVR lamp, the heat produced in the burner converts the quartz to –
 - a. Silicon
 - b. Boron
 - c. Tridymite
 - d. Silicon dioxide
7. Biceps brachii acts as _____.
 - a. Flexor of knee
 - b. Extensor of elbow
 - c. Flexor of elbow
 - d. Extensor of knee.
8. Which of the following frequency and wavelengths are used in physiotherapeutic use of MWD
 - a. 915 mHz, 32.79cm
 - b. 10Hz, 30cm
 - c. 246mHz, 55cm
 - d. None of the above
9. Elbow flexion in mid-prone position is done by brachioradialis muscle: lifting 10kg dumb bell converts it from - _____.
 - a. 1st to 2nd order lever
 - b. 2nd to 3rd order lever
 - c. 3rd to 4th order lever
 - d. 3rd to 1st order lever

10. While deciding the dosage of iontophoresis, intensity is:
- Directly proportional
 - Inversely proportional
 - Dosage does not depend on intensity
 - None of the above

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

10*2 = 20 Marks

- What is Trendelenberg gait?
- Isokinetic exercises.
- What is hold-relax technique?
- Define near field and far field with neat labelled diagram
- State Ohms' law
- What is beat frequency in IFT?
- PUVA
- Joule's law
- Pelvic tilt
- Stance phase
- Iontophoresis
- Galvanism

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

06*5 = 30 Marks

- Define goniometry, its principles, types and uses.
- Describe Frenkel's exercises and its principle
- Explain the methods of PNF stretching
- Parkinson gait and hemiplegic gait
- Explain the methods of application of SWD
- Physiological effects of Microwave Diathermy
- Explain the physiological and therapeutic effects of paraffin wax therapy
- Explain the physiological effects of TENS

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

10*2 = 20 Marks

- Define suspension therapy. Explain in detail the different types, techniques of suspension therapy
- Define UVR. Describe different methods of UVR production. Add a note on its physiological benefits and contra-indication
- Define Infra-Red Radiation. Write about the generators of IRR, and its physiological effects. Mention about precautions of IR.

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

Subject Name: Research Methodology & Recent Advances

Year Period: April, 2022 – March, 2023

Date: 08.03.2023

Examination Mode: Regular

Year: 4th Year

Subject Code: BNYS 408 T1

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

Time: 02.00 pm to 05.00 pm

Max. Marks: 80

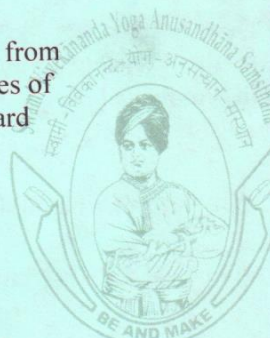
General Instructions:

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

1. T test group is part of?
 - a. Inferential statistics
 - b. Descriptive statistics
 - c. Both
 - d. None of the above
2. Sample size of 30 were selected from normal population. What degrees of freedom used to calculate standard deviation?
 - a. 14
 - b. 15
 - c. 30
 - d. 29
3. Median of the following data is:
11,12,11,12,13,11,12,13
 - a. 11
 - b. 12
 - c. 13
 - d. 11.5
4. _____ is a branch of anthropology and the systematic study of individual cultures.
 - a. Independent statistics
 - b. Dependent statistics
 - c. Ethnography
 - d. Business research
5. Bell-shaped graph represents
 - a. Normal Distribution
 - b. Platykurtic Distribution
 - c. Skewed Distribution
 - d. None of the above
6. A study was done to compare the lung capacity of coal miners to the lung capacity of farm workers. The researcher studied 200 workers of each type. Other factors that might affect lung capacity are smoking habits and exercise habits. The smoking habits of the two worker types are similar, but the coal miners generally exercise less than the farm workers. Which of the following is a confounding variable in this study?
 - a. Exercise
 - b. Lung capacity
 - c. Smoking
 - d. Occupation
7. Mean (1,3,5,7) =?
 - a. 2
 - b. 4
 - c. 6
 - d. 8
8. Explaining the data using tables and charts is done using?
 - a. Inferential statistics
 - b. Descriptive statistics
 - c. Both
 - d. None of the above
9. Ethics committee must have the following people EXCEPT:
 - a. A Scientist
 - b. A Social Worker
 - c. A Medical professional
 - d. A comedian



10. The blood pressure of the participants in a study are which type of data?
- Nominal
 - Ordinal
 - Ratio
 - scale

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

10 *02 =20 Marks

- CARE guidelines
- What is Construct Validity?
- CONSORT statement
- Composition of ethics committee
- Importance of informed consent
- What are advantages of using JASP
- Dependent variables
- Linguistic research
- Type II error
- What is bias? How to avoid it?
- What is crossover design?

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

06 *05 =30 Marks

- Explain research designs with their advantages and disadvantages. Which is the considered to be the best research design in biomedical research?
- What are the different methods of collection of data/types of measurement tools? Explain interview method in detail
- What peer-review process? Why information published in journals considered to be significant evidence?
- What are the most common statistical tests used in research? In which circumstances will you use which test?
- Methods of dissemination of research
- What is Ethics in research. Explain its significance with historical highlights on Declaration of Helsinki and Nuremberg Code
- Challenges and opportunities in conducting yoga and naturopathy research.

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

02* 10 =20 Marks

- Explain in detail types of sampling with their advantages and disadvantages. Add a note on avoiding selection bias.
- What is literature review? What are the sources of literature? How to present the literature review? Add a note on difference between narrative review, systematic review and meta-analysis.
- What are types of research papers published in journals? Add a note on level of evidence. Explain in detail the contents of different sections of research paper.

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 Therapy

Year Period: April, 2022 – March, 2023

Date: 25.02.2023

Examination Mode: Regular / Back Paper

Year: 4th Year

Subject Code: BNYS 403 T1

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

Time: 02.00 pm to 05.00 pm

Max. Marks: 80

General Instructions:

1. Read all the questions carefully and then start writing
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 pranayama immediately awakens kundalini according to hatha yoga pradiipika
 - a. Nadishodana
 - b. Ujjayi
 - c. Surya bedhana
 - d. Bhastrika
2. According to Hatha yoga what should be done before practice of pranayama if a person is having tridosha imbalance?
 - a. Asana
 - b. Kriyas
 - c. Breathing practices
 - d. None of the above
3. Which of the following is not related correctly according to Five group of Yoga mudras
 - a. Hasta Mudra- Hand
 - b. Mana – Mind
 - c. Kaya – Postural
 - d. Adhara- Perineal Muscles
4. According to Gheranda Samhita following practices should be done before Nauli Kriya
 - a. Agnisara Kriya
 - b. Udiyana Bandha
 - c. (A) and (B)
 - d. Maha Bandha
5. Shankaprakshalana is a part of which shatkriya
 - a. Vatsara
 - b. Vahnisara
 - c. Varisara
 - d. Bahiskrita
6. Therapeutic benefit of Kapalabhati practise is to remove
 - a. Kapha Disorders
 - b. Pitta Disorders
 - c. Vata Disorders
 - d. Vata-Pitta Disorders.
7. Which type of exercise is beneficial for fat reduction
 - a. Aerobic exercise
 - b. Anaerobic exercise
 - c. High intensity interval training
 - d. All of the above
8. Which type of metabolism does 15 minutes jogging induce?
 - a. Aerobic metabolism
 - b. Anaerobic metabolism
 - c. None of the above
 - d. All of the above
9. The following Mudras are not used in PET
 - a. Chin Mudra
 - b. Namaskara Mudra
 - c. Brahma Mudra
 - d. Prana Mudra

10. Learning of a specific Yoga practice by a student depends upon:
- Concentration of the instructor
 - Power of the instructor
 - Clear Instruction of the instructor
 - Self-confidence of the instructor

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

10 *02 =20 Marks

- Write down the intervention at each kosha with relevant justification.
- Enumerate upapranas and their locations
- Is kapalbhati a pranayama? Justify your answer
- What do you mean by Suspension Animation. Explain its role in Yoga Neuroplasticity
- Can Agnisara kriya be given to patients suffering from T2DM. if yes. Why and How
- Psychoneuroimmunology
- Is Drill walking good for Cardiac Patients. Justify your answer.
- Differentiate Shreyas and Preyas
- Write down the Indications for Jalandhara Bandha and One Spiritual Benefit.
- Can Trataka be done by patients with Epilepsy. If yes. How and when
- Explain the concept of Efferent Vagal reactivity. How to manage with Yoga.
- What is MEMT. Write down role of emotions in treating diseases

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

06 *05 =30 Marks

- What is GERD. Provide a detailed overview on management through IAYT
- What is T2DM. Provide a detailed overview on management through IAYT
- What is SLE. Provide a detailed overview on management through IAYT
- Give a detailed overview on Shakti vikasakas.
- Psychoneuroimmunology
- What is Parkinson's. Provide a detailed overview on management through IAYT
- What is Sinusitis. Provide a detailed overview on management through IAYT
- A brief on Sudarshan kriya Yoga

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

02* 10 =20 Marks

- What is COPD. Briefly explain the diagnostic Criteria. Explain in detail the management of COPD with yoga therapy with relevant scientific evidences
- What is Depression. Explain the Pathophysiology and Diagnostic Criteria for the same. Give A detailed overview of management through Yoga Therapy.
- Give a detailed overview of Physiological and Psychological effect of Yoga on Various systems of the body with relevant scientific Evidences.