

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, 2024 – March, 2025

Date: 21.02.2025

Examination Mode: Regular/Back Paper

Year: 4th Year

Subject Code: BNYS 407 T1

Batch: Nov, 2020 & Aug, 2019

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. Neiting acupuncture point is
 - a. St44
 - b. CV11
 - c. TW11
 - d. St 40
2. Liver Flush is a liver detox therapy usually used to treat
 - a. Liver cirrhosis
 - b. Liver cancer
 - c. Alcoholic Liver Disease
 - d. Gall stones
3. Protein content in keto diet is _____ %
 - a. 75 to 90
 - b. 5 to 3
 - c. 20 to 10
 - d. 50 to 60
4. Which enema is advised in IBD
 - a. Ice cold water enema
 - b. Buttermilk enema
 - c. Neem water enema
 - d. Both B & C
5. These are treatment for Otagia except
 - a. Acupuncture
 - b. Allium sativum
 - c. Hot fomentation behind the ear
 - d. Rose oil application
6. Caffein is an antagonist of
 - a. Melatonin
 - b. Adrenalin
 - c. Cortisol
 - d. Prostaglandin
7. Buck wheat is indicated in
 - a. CKD
 - b. T2DM
 - c. Hypertension
 - d. All of the above
8. Following has the expectorant property except
 - a. Gingerol
 - b. Bromalin
 - c. Curcumin
 - d. Cherantin
9. Which is a potent diuretic
 - a. Ash gourd juice
 - b. Barley water
 - c. Papaya Juice
 - d. Ladies finger water
10. Which is the phytochemical in cabbage juice responsible for healing in peptic ulcer
 - a. Sulforaphane
 - b. Glutamine
 - c. Tryptamine
 - d. Nicotinamide

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

11. Healing Crisis
12. Don Docere
13. Name the various eliminative channels of the human body
14. Acupuncture points to treat Peptic Ulcer
15. Prebiotics
16. Peppermint oil
17. What can be done through Diet to treat Sinusitis?
18. Exercises to help treat Obstructive Sleep Apnea
19. Auriculotherapy for Epilepsy
20. Dietary management of angular stomatitis.
21. Indications of Steam bath
22. Acupuncture points for Sciatica

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

23. What are the qualities that a Naturopathy and yoga doctor must possess?
24. Difference between screening & Diagnostic tests.
25. Elaborate about the causes, signs and symptoms of GED. Explain the Naturopathic management for the same.
26. What are the various lifestyle practices that deteriorate the nerve energy?
27. What are the mechanism of action of dietary fiber in the treatment of constipation?
28. Write about the Pathophysiology of Insomnia. Add a note on its Naturopathic Management.
29. Healthy aging through Naturopathy. Explain
30. Management of naturopathy in Deep Vein Thrombosis

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

31. What are the factors to be considered while deciding the naturopathy treatments for a patient?
32. Plan a 10-day integrated protocol for 48-year-old female, in menopausal phase and recently diagnosed with borderline hypertension.
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: April, 2024 – March, 2025
Date: 06.02.2025
Examination Mode: Regular/Back Paper

Year: 4th Year
Subject Code: BNYS 401 T1
Batch: Nov, 2020 & Aug, 2019
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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Multiple Choice Questions (Attempt All) – 1 Mark for each Question **10 *01 =10 Marks**

1. Who invented fasting therapy?
 - a. Hippocrates
 - b. Asclepedius
 - c. Islam
 - d. B.S.Venkat Rao
2. Which of the following fruits can worsen symptoms in people with GERD (acid reflux)?
 - a. Bananas
 - b. Apples
 - c. Oranges
 - d. Grapes
3. Which of the following is NOT considered a psychological barrier to fasting?
 - a. Fear of hunger
 - b. Loss of control
 - c. Social pressure and isolation
 - d. Increased metabolism
4. In which context is "Jol Pan" traditionally consumed in Bengal and Assam?
 - a. As a dessert after dinner
 - b. As a main course during festivals
 - c. During religious ceremonies
 - d. As a snack before breakfast
5. Name two common antioxidants.
 - a. Vit. A, C, selenium
 - b. Vit C, E, selenium
 - c. Vit A B C
 - d. Vit C, B Selenium
6. What is Trophology?
 - a. The science of food safety and hygiene
 - b. The study of the nutritional value of foods
 - c. The science of combining foods for optimal health
 - d. The study of food preservation techniques
7. Which Upanishad contains the verse "tametam vedam vachanena brahmanavidishanthi yadena danena tapasa nashakena"?
 - a. Taittiriya Upanishad
 - b. Chandogya Upanishad
 - c. Brihadaranyaka Upanishad
 - d. Mandukya Upanishad
8. In which of the following disease lemon honey water fasting is advised?
 - a. Gastritis
 - b. Constipation
 - c. Common cold
 - d. Headache
9. How many Kcal is advised for a lactating women per day?
 - a. 1600-1800
 - b. 2000-2500
 - c. 1200-1600
 - d. None of the above

10. In which of the following health conditions; banana is contra-indicated
- CKD
 - Bronchial Asthma
 - Both a and b
 - None of the above

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

10 *02 =20 Marks

- Define Therapeutic Fasting.
- Define Hibernation
- Describe dry fasting with its 2 physiological benefits in human body
- Explain Electrolyte balance during fasting?
- Healing crisis
- Elaborate briefly on Preparation of individuals for fasting?
- How to manage Vit B 12 deficiency through diet?
- Explain the medicinal values of Fenugreek and Coriander?
- Write the chemical composition of wheatgrass juice and its 2 medicinal properties?
- Describe the bio-active components and health benefits of pineapple?
- Name various moist heat methods of cooking
- Name any four nutrition-related problems during pregnancy and their dietary management

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

06 *05 =30 Marks

- Indian history of fasting according to Yajurveda, Manusmriti & M K Gandhi?
- Explain the physiology of hunger and add a note on hunger and appetite difference?
- Illustrate the Rules and regulations for selection of patient for fasting?
- Role of Soothing foods in Gastritis?
- Discuss the role of beetroot with its key components in managing hypertension
- Explain food hygiene and different methods of Prevention of food borne illness?
- Explain Autophagy-functions, importance and evidence?
- Research on Intermittent fasting and OA knee?

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

02* 10 =20 Marks

- Explain in detail about evidences of fasting in Animals?
- What are the Hygiene and auxiliaries of fasting? Add a note on Psychological Barriers?
- What are the key dietary requirements for women during pregnancy and lactation to ensure optimal health? Add a note on Evidence based fasting and nutritional management of Fatty liver?

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
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Program: BNYS
Subject Name: First Aid & Emergency Medicine
Year Period: April, 2024 – March, 2025
Date: 19.02.2025
Examination Mode: Regular/Back Paper

Year: 4th Year
Subject Code: BNYS 406 T1
Batch: Nov, 2020 & Aug, 2019
Time: 09.45 am to 12.45 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. What is the first step in ACLS?
 - a. Open the airway
 - b. Give intravenous fluids
 - c. Apply a defibrillator
 - d. Perform abdominal thrusts
2. What type of dressing is best for a head injury?
 - a. Triangular bandage
 - b. Crepe bandage
 - c. Roller bandage
 - d. Gauze bandage
3. What should you do for a severe anaphylaxis?
 - a. Keep the person warm and comfortable
 - b. Give them a dose of epinephrine (if available)
 - c. Offer them food or drink
 - d. Encourage deep breathing
4. Which coronary artery is most commonly occluded in Anterior Wall MI?
 - a. Left circumflex artery
 - b. Right coronary artery
 - c. Left anterior descending artery (LAD)
 - d. Posterior descending artery
5. Hematemesis refers to:
 - a. Blood in stool
 - b. Blood in vomit
 - c. Dark-colored urine
 - d. Frothy sputum
6. Which condition is associated with hepatic coma?
 - a. Hypoglycemia
 - b. Hyperammonemia
 - c. Hypercalcemia
 - d. Hypokalemia
7. Which sign indicates severe acute pancreatitis?
 - a. Grey-Turner's sign
 - b. McBurney's point tenderness
 - c. Murphy's sign
 - d. Cullen's sign
8. A Transient Ischemic Attack (TIA) usually resolves within:
 - a. 24 hours
 - b. 48 hours
 - c. 72 hours
 - d. 1 week
9. In a patient with TIA, the primary preventive medication is:
 - a. Aspirin
 - b. IV thrombolysis
 - c. Antiepileptics
 - d. Diuretics
10. Which hormone is primarily deficient in Sheehan's Syndrome?
 - a. Thyroxine
 - b. ACTH
 - c. Prolactin
 - d. Insulin

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

11. Fireman's lift and human crutch
12. Cafe coronary
13. What is choking
14. Neurogenic shock
15. Collar and cuff sling
16. Beck's triad
17. ECG findings of Lateral Wall MI
18. McGinn white sign
19. Zollinger Ellison syndrome
20. Gitelman's syndrome
21. Myoclonic seizure
22. Name two causes of thyrotoxic crisis

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

23. Explain in detail about 'defibrillator' in BLS method
24. Scoop stretcher.
25. Neil Robertson stretcher and Paraguard stretcher
26. First aid management of frost bite.
27. What is Gastric lavage? Write in detail about indication and benefits of gastric lavage?
28. Write in detail about pericardiocentesis
29. Describe the causes and management of hematuria
30. Differentiate between embolic and hemorrhagic stroke based on causes, clinical presentation, and management.

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

31. What are aim and objectives to be considered for lifting and transporting of a casualty. Explain in detail about different transportation methods when the first aider is alone.
32. Define pneumonia. Classify it. Write in detail about aetiology, clinical features, clinical investigations and emergency management of pneumonia. Short note on CURB 65.
33. A 55-year-old patient is brought to the ER in an unconscious state. His GCS is 6, pupils are unequal, and he has irregular breathing. What are the possible causes? Outline the approach to assessment and management of an unconscious patient.

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Program: BNYS
Subject Name: Hydrotherapy & Mud Therapy
Year Period: April, 2024 – March, 2025
Date: 14.02.2025
Examination Mode: Regular/Back Paper

Year: 4th Year
Subject Code: BNYS 404 T1
Batch: Nov, 2020 & Aug, 2019
Time: 09.45 am to 12.45 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. Tendency of water to move through a narrow tube against the gravity is called as.
 - a. Transparency
 - b. Density
 - c. Capillary action
 - d. None of the above
2. Temperature of very hot according to J. H. Kellog
 - a. Below 100 D F
 - b. 104 D F and Above
 - c. 100-104 D F
 - d. None of the above
3. Which of the following instrument is used to measure heat?
 - a. Calorimeter
 - b. Thermometer
 - c. Pyrometer
 - d. Thermistor
4. Sedative effect is brought by:
 - a. Neutral applications
 - b. Non-percutient measures
 - c. Prolonged cold applications
 - d. All the above
5. Prolonged hot baths are contraindicated in.
 - a. RA
 - b. OA
 - c. Fibromyalgia
 - d. Hypertrophy of cardia
6. Scotch douche is the best treatment for
 - a. Paralysis
 - b. Gastritis
 - c. Obesity
 - d. Spondylosis
7. Mud pack for the eyes is indicated for
 - a. Conjunctivitis
 - b. Refraction errors
 - c. Haemorrhage in eyeball
 - d. All of the above
8. GH pack is
 - a. Cold to abdomen, hot to spine
 - b. Hot pack to abdomen
 - c. Cold to spine, hot to abdomen
 - d. Hot to abdomen with a wet sheet wrap
9. 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
10. Which hormone is responsible for sleep wake cycle?
 - a. Melatonin
 - b. Serotonin
 - c. Dopamine
 - d. Leptin

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

11. Mention the layers of the skin
12. Fever Calorimeter
13. Measure that combat bacterial development of blood
14. Mention general indications of short applications of hot temperature
15. List the applications of Epsom salt (MgSo₄) in baths.
16. Mention the best 4 hydrotherapy treatment modalities for hypertension
17. Emmenogogic effect
18. Procedure of GH pack
19. Procedure of fan douche
20. Use of mud for beauty
21. Define the Revulsive effect
22. Procedures that increase oxidation

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

23. General & physiological aspect of cold upon GIT
24. List the complications of the irrational use of different temperatures of water in different systems.
25. Mention different types of arthritis and Hydrotherapy prescriptions for Osteoarthritis of the Knee.
26. Explain the procedure of immersion bath and add a note on indications and contraindications of immersion baths of different temperatures.
27. Differentiate between Ziemssen's method and Bouchard's method of graduated bath
28. Enumerate the Procedure for the Asthma bath and give the precautions for Asthma bath
29. Elaborate upon the teachings of Currie
30. Role of hydrotherapy in Melatonin production

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

31. List and differentiate the effects of heat and cold upon different systems of the body
32. Explain about different types of fever and enumerate the role of hydrotherapy in fever management.
33. Mention in detail different methods of Mud applications and their therapeutic benefits.

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Program: BNYS
Subject Name: Obstetrics & Gynecology
Year Period: April, 2024 – March, 2025
Date: 10.02.2025
Examination Mode: Regular/Back Paper

Year: 4th Year
Subject Code: BNYS 402 T1
Batch: Nov, 2020 & Aug, 2019
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. Delivery of placenta..... Stage of labour
 - a. 1st stage
 - b. 2nd stage
 - c. 3rd stage
 - d. 4th stage
2. What are the complications of pelvic inflammatory disease?
 - a. Endometriosis
 - b. Uterine fibroids
 - c. Infertility
 - d. Incontinence
3. Commonest investigation to diagnose ectopic pregnancy
 - a. Laparoscopy
 - b. Urine pregnancy test
 - c. USG
 - d. Hormonal assay
4. Full form of PROM is
 - a. post rupture of membrane
 - b. premature rupture of membrane
 - c. premature resistance of membrane
 - d. none of the above
5. The endometrium grows and thickens during.
 - a. Menstruation
 - b. The follicular phase
 - c. The luteal phase
 - d. Ovulation
6. Bartholin glands are homologous to the..... In male reproductive organ
 - a. Prostate
 - b. Bulb of penis
 - c. Scrotum
 - d. Urethra
7. Which cardinal movement does not occur during labour?
 - a. flexion
 - b. internal rotation
 - c. abduction
 - d. extension
8. The placenta is originated from.....
 - a. deciduas capsularis
 - b. deciduas basalis
 - c. chorion frondosum
 - d. decdua vera
9. Expected date of delivery is calculated using
 - a. pear index
 - b. Naegeli's rule
 - c. Johnson's formula
 - d. None of the above
10. Maternal IgG crosses the placenta from---- week onwards to give a passive immunity to foetus
 - a. 14 weeks
 - b. 6 weeks
 - c. 8 weeks
 - d. 12 weeks

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

10 *02 =20 Marks

11. Trophoblast
12. Fetal skull
13. Physiology of lactation
14. Causes of infertility
15. Dysmenorrhea and its management
16. Placental functions
17. Causes of onset of labour
18. Syphilis and its types
19. Types of amenorrhoea
20. Anatomy of sperm
21. Abnormalities of amniotic fluid
22. Types of C-sections

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

06 *05 =30 Marks

23. Write in detail about endometriosis
24. Describe in detail Pelvic organ prolapses
25. Define puerperium. Explain in detail the normal puerperium and its care and management
26. Explain briefly about MTP.
27. Antenatal and post-natal management through general exercises and hydrotherapy
28. Write in detail uterine fibroids and its management
29. Describe the antenatal care and post-natal care, investigations, and add a note on values of ante natal care.
30. Describe the foetal circulation and changes of the fetal circulation at birth.

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

02* 10 =20 Marks

31. Write in detail about the Classification of hypertensive disorders in pregnancy, write pathophysiology of pregnancy induced hypertension and treatment.
32. Explain briefly DUB and its management
33. Describe in detail the stages and mechanism of labour. Describe the events in each stage of labour

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Program: BNYS

Subject Name: Physical Medicine & Rehabilitation

Year Period: April, 2024 – March, 2025

Date: 17.02.2025

Examination Mode: Regular/Back Paper

Year: 4th Year

Subject Code: BNYS 405 T1

Batch: Nov, 2020 & Aug, 2019

Time: 09.45 am to 12.45 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. An antalgic gait pattern is characterized by:
 - a. A limp due to pain
 - b. A waddling gait
 - c. A stiff-legged gait
 - d. A normal walking pattern
2. Involuntary movements that are sudden, rapid, and non-repetitive are called:
 - a. Tremors
 - b. Chorea
 - c. Dystonia
 - d. Tics
3. PNF developed by
 - a. Kabat and Knott
 - b. Knott and Voss
 - c. Car and Shephard
 - d. Gardiner and Holis
4. The Maxwell's Corkscrew Rule is used to determine
 - a. Direction of electric current
 - b. Direction of magnetic field
 - c. Strength of an electromagnet
 - d. Voltage in a circuit
5. Galvanic currents are:
 - a. Alternating Currents
 - b. High-Frequency Currents
 - c. Direct Currents
 - d. Static Electricity
6. Frequency of faradic type current is—
 - a. 30 Hz
 - b. 30-50Hz
 - c. 50-100Hz
 - d. More than 100Hz
7. Which law governs electromagnetic induction?
 - a. Ohm's Law
 - b. Faraday's Law
 - c. Ampere's Law
 - d. Lenz's Law
8. What is the unit of magnetic flux density?
 - a. Weber (Wb)
 - b. Tesla (T)
 - c. Ampere (A)
 - d. Henry (H)
9. Which type of electrical current is most commonly used for iontophoresis treatment?
 - a. Alternating current (AC)
 - b. Direct current (DC)
 - c. Pulsed monophasic current
 - d. High-voltage pulsed current
10. Suspension therapy helps:
 - a. To relax muscles
 - b. To support the body during movement exercises
 - c. To treat wounds
 - d. To enhance joint flexibility

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

11. Mention any three uses of stretching
12. What are the parts of goniometer?
13. Isokinetic exercises
14. Scoliosis
15. What are the indications of mobilization?
16. Describe sinusoidal currents
17. Uses of pulsed short-wave diathermy
18. Reverse piezoelectric effect
19. Joule's law
20. Name types of UVR generators
21. Mention the mechanisms of heat production in tissues through short wave diathermy
22. Methods of application of paraffin wax

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

23. Write a note on myofascial release
24. What is lever? Explain various types of lever.
25. Explain crutch walking
26. Discuss the various techniques of application of cryotherapy.
27. Explain the methods of application of SWD
28. Properties of LASER
29. Production of SWD and its uses
30. Give a brief note on thermal and non-thermal effects of Ultrasound.

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

31. Define normal and abnormal gait. Discuss any four abnormal gait patterns.
32. Define TENS. Enumerate and describe various types of TENS and mention about its indications and contra-indications.
33. 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, 2024 – March, 2025

Date: 24.02.2025

Examination Mode: Regular/Back Paper

Year: 4th Year

Subject Code: BNYS 408 T1

Batch: Nov, 2020 & Aug, 2019

Time: 09.45 am to 12.45 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. The statistical testing through ANCOVA is part of?
 - a. Inferential statistics
 - b. Descriptive statistics
 - c. Both
 - d. None of the above
2. A sample size of 29 was selected from a population. What degrees of freedom is used to calculate standard deviation?
 - a. 27
 - b. 28
 - c. 29
 - d. 30
3. The median of the following data is: 21,22,22,22,23,21,22
 - a. 21
 - b. 22
 - c. 23
 - d. 21.5
4. _____ is a branch of human resource and the systematic study of people in the workforce.
 - a. Linguistic studies
 - b. Biomedical research
 - c. Ethnography
 - d. Business research
5. A derivation of Bell-shaped graph mean
 - a. Parametric Distribution
 - b. Non parametric Distribution
 - c. Normal Distribution
 - d. All 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, 2, 3, 5, 7, 8, 9) =?
 - a. 3
 - b. 5
 - c. 7
 - d. 9
8. Data from a sample can be explained using which type of statistical methods?
 - 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 Sportsman

10. Which type of data can be obtained from a questionnaire on a Likert scale in a study?
- Nominal
 - Ordinal
 - Ratio
 - Scale

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

10 *02 =20 Marks

- Define Research
- Define validity and reliability.
- CARE guidelines
- Independent variables
- Publication ethics
- Poster and Oral presentation
- What are advantages and disadvantages of using R
- Simple random sampling
- Normal Distribution
- What is bias? How to avoid it?
- What is survey design?
- Nuremberg Code

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

06 *05 =30 Marks

- Types of errors during null-hypothesis testing and what are the methods to minimize those errors?
- What is a double-blind wait-listed randomized control trial? What are the advantages? Why is it not possible to have this design in Yoga/Naturopathy studies?
- Types of data. Explain the details with appropriate examples
- What is t-tests? Give details of the assumptions and methodology followed in one sample, paired sample and independent sample t-tests. Add a note on similar non-parametric tests
- Need and Challenges in conducting yoga and naturopathy research.
- Interdisciplinary research: what is it and why is it needed?
- Explain in detail types of sampling with their advantages and disadvantages.
- Write a structured abstract of the study that you have conducted

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

02* 10 =20 Marks

- What is peer-reviewed indexed journals? Name some internationally renowned indexing agencies. Add a note on the process of peer-review. List names of 4 peer-reviewed journals that you are aware of.
- What are statistics? What are methods adapted in statistical analysis? Explain in detail the descriptive and inferential statistics with the list of statistical tests
- Why ethics is important in Research? What are the different components of ethics? Write a note on the history of ethics in biomedical research. Explain in detail the principles of ethics in research.

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Program: BNYS

Subject Name: Yoga Therapy

Year Period: April, 2024 – March, 2025

Date: 12.02.2025

Examination Mode: Regular/Back Paper

Year: 4th Year

Subject Code: BNYS 403 T1

Batch: Nov, 2020 & Aug, 2019

Time: 09.45 am to 12.45 pm

Max. Marks: 80

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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. Concept of PRANA and UPAPRANA is explained in which kosha.
 - a. Annamaya
 - b. Manomaya
 - c. Anandamaya
 - d. Pranamaya
2. Adhi-Vyadhi concept is explained in ____
 - a. Panchakosha
 - b. Bhagavad geetha
 - c. Hatha yoga
 - d. Yoga Vasishtha
3. How many kumbhakas are there in Gheranda Samhita
 - a. 5
 - b. 6
 - c. 9
 - d. 8
4. Shankaprakshalana is a part of which shatkriya
 - a. Vatsara
 - b. Vahnisara
 - c. Varisara
 - d. Bahiskrita
5. Immediate effect of bhastrika pranayama on cardiovascular system.
 - a. Increases heart rate
 - b. Increases cardiac output
 - c. Activates sympathetic tone
 - d. All of the above
6. Best practice for people with hyperacidity ____
 - a. Vakrasana
 - b. Ardha chakrasana
 - c. Vamana dhouthi
 - d. Jalaneti
7. Organs affected due to pranic disturbances is seen in which phase
 - a. Psychic
 - b. Psychosomatic
 - c. Somatic
 - d. Organic phase
8. Learning of a specific Yoga practice by a student depends upon
 - a. Concentration of the instructor
 - b. Power of the instructor
 - c. Clear Instruction of the instructor
 - d. Self-confidence of the instructor
9. The following Mudras are not used in PET
 - a. Chin Mudra
 - b. Namaskara Mudra
 - c. Brahma Mudra
 - d. Prana Mudra
10. Which of the following are the mudra followed only by female?
 - a. Vajroli
 - b. Sahajoli
 - c. Ashwini Mudra
 - d. All of the above

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

11. Definition of Shatkarmas according to gheranda Samhita and Hatha yoga Pradeepika
12. Enumerate upapranas and their locations
13. Write down the Indications for Jalandhara Bandha and One Spiritual Benefit
14. What is kumbhaka? What are the Physiological effect of kumbhaka on human body?
15. What do you mean by Suspended Animation? Explain its role in Yoga.
16. Write down 5 specific Practices for Rhinosinusitis
17. Explain the concept of Efferent Vagal reactivity. How to manage it with Yoga
18. Enumerate 5 practices for Voice Culture
19. Psychoneuroimmunology
20. Mention 5 yoga practices should be given to Ankylosing Spondylosis
21. What is MEMT. Write down role of emotions in treating diseases
22. Differentiate between Shreyas and Preyas

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

23. What is Cyclic Meditation. Explain the significance of prayer. Enumerate the steps followed.
24. Briefly describe the role of Yogic Counselling in treating Cancer
25. Give a detailed overview of reiki as a part of healing system
26. What is GERD? Provide a detailed overview on management through IAYT
27. What is Infertility? Provide a detailed overview on management through IAYT
28. What is Parkinson's disease? Provide a detailed overview on management through IAYT
29. What is SLE? Provide a detailed overview on management through IAYT
30. Write a brief note on Sudarshan kriya Yoga

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

31. What is pranayama. Classify them. Give a detailed note on Physiological effects of Pranayama Physiologically with relevant evidences.
32. Write down the classification of Respiratory disorders. Give a brief note on diagnosing Bronchial Asthma. Mention any 2 research papers explaining the role of Kriyas on respiratory functions
33. Give a detailed note on Role of Yoga in taking care of Mental health. Write about any 2 relevant research papers