

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

Program: MSc (Yoga Therapy)
Subject Name: Nutrition & Dietetics
Sem Period: March, 2024 – July, 2024
Date: 10.07.2024
Examination Mode: Regular

Semester: 4th Semester
Subject Code: MSPAECC 406
Batch: August, 2022
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 are macronutrients?
2. Types of proteins
3. Disease of Iron deficiency
4. What is Satmay ahara?
5. Important function of sodium
6. Required daily quantity of carbohydrates
7. Types of Minerals
8. Example for laghu ahara
9. Important function of calcium
10. Disease of Vitamin C deficiency
11. Important function of Phosphorus.
12. What are micronutrients

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

08 *05 =40 Marks

13. Examples of Rajasika Ahara
14. Sources of Vitamin A and functions.
15. Glucose metabolism
16. Importance of Carbohydrates.
17. Shadrasas and dosha relationship
18. Importance of Viruddhara
19. Explain food pyramid
20. Importance of Sattvika Ahara.
21. Assessment of nutrition status
22. Importance of Minerals in health.

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

04* 10 =40 Marks

23. Explain Diabetic diet
24. Explain diet modifications for obesity
25. Prepare a diet chart for person with hypertension requiring 1,400KCAL
26. Explain types, source and importance of Fats
27. Write about Yogic Diet
28. Prepare diet chart for a healthy person requiring 1,500 KCAL.

