

MD

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

Program: MD (Yoga)
Subject Name: Hatha Yoga (HYP, GS, HR)
Sem Period: March, 2024 – July, 2024
Date: 12.07.2024
Examination Mode: Regular

Semester: 4th Semester
Subject Code: MDYT 403
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. List major texts of Hathayoga
2. What is the purpose of Hathayoga as per yogi Swatmarama
3. List down the Niyamas mentioned in Hathayoga pradipika
4. What are the different Netikriya mentioned in HYP?
5. What are the major divisions of Dhauti karma?
6. What are the major upa-pranas mentioned in the Hathayoga system?
7. What are the benefits and contra indications of Sooryabhedana pranayama?
8. What is Laya practice? What is its purpose?
9. What is dhvani and what is Nada?.
10. What is the purpose and benefits of Nadi-Shuddhi pranayama?
11. What is the shloka that explains the importance of Asana in HYP
12. What are the benefits of Kapalbhata kriya

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

08 *05 =40 Marks

13. Description of the place suitable for a Hathayogi to live and the description of the Matha (hermitage)
14. Explain the procedure for doing Pachimottanasana, Uttanakoormasana, Veerasana with benefits and contra indication.
15. Write a short note on the concept of prana and pranayama.
16. What is meant by Samadhi and what is its importance in Hathayoga practices?
17. What is meant by Hatha Siddhi Lakshanam. What are they?
18. Explain the principle, procedure, benefits and contraindication of Kapalbhata kriya.
19. Concept of Mithahara, Pathya and Apathya food as explained HYP.
20. Brief note on the origins of Hathayoga
21. What is Nada? What are the different categories of Nada? What are the different manifestation of Nada?
22. Brief note on Mechanism of breathing, concept of puraka, rechaka and kumbhaka, mechanism of correct breathing and yogic breathing.

23. Major texts of Hathayoga and how are the topics organized.
24. List down Badhaka and Sadhaka tatvas in HYP and briefly explain how they become disabling and enabling factors in the practice of Hathayoga. ,
25. Role of Shodhana-kriyas in Yoga Sadhana and their importance in modern day life.
26. What are the Ashta-kumbhakas mentioned in HYP? What is their procedure, benefits and contra indications?
27. What are bandhas? What are the tri bandhas listed in Hatha text? How is it done? What are the purpose of bandhas and the benefits gained from its practice?
28. Explain in detail, the theory, practice and principle of the Laya technique of Nadanusandhana.



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Program: MD (Yoga)

Subject Name: Rehabilitation Medicine & Palliative Care

Sem Period: March, 2024 – July, 2024

Date: 15.07.2024

Examination Mode: Regular

Semester: 4th Semester

Subject Code: MDYT 402

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
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Reg No:

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

10 *02 =20 Marks

1. Scope of rehabilitation
2. Which patients do need rehabilitation?
3. Goals of Neuro rehabilitation
4. Yoga for early dementia
5. Causes of pain in cancer.
6. Factors affecting pain sensation
7. Define "end-of-life care" and mention its goal
8. 5 stages of changes in the Kubler-Ross curve
9. Enumerate the diseases requiring End of Life Care
10. Types of Myopathies
11. Enumerate the factors associated with decreased
12. Classify Exercises

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

08 *05 =40 Marks

13. Role of psychotherapist in rehabilitation
14. Opioid analgesics
15. Describe the drug-induced anxiety and its management
16. Write a short note on treatment modalities used in palliative care.
17. Integrated model of palliative care.
18. Role of yoga in managing spiritual distress
19. Types of memory and role of yoga in registration and recollection difficulty
20. Rehabilitation in Quadriplegia
21. How do you assess a patient's pain history?
22. Role of Yoga in managing the progression of Parkinson's Disease

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Program: MD (Yoga)
Subject Name: Yoga Medicine - IV
Sem Period: March, 2024 – July, 2024
Date: 10.07.2024
Examination Mode: Regular

Semester: 4th Semester
Subject Code: MDYT 401
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. Define Premenstrual Syndrome
2. Describe Yogic Understanding of Autoimmune diseases.
3. Write any 2 evidences of the Yogic management of anxiety.
4. Define Dysarthria
5. Define Otitis Media
6. Define ERP
7. Write step in Voice Culture Practices
8. Define PID
9. Define Neoplasia
10. Define DNS
11. Write any 2 evidences of the Yogic management of Menstrual Diseases.
12. Is cancer Adhija Vyadhi or Anadhija vyadhi? Justify

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

08 *05 =40 Marks

13. Describe the role of Pranayama in the management of diseases. (Both modern and Yogic understanding)
14. Explain Systemic Lupus Erythematosus
15. How do you differentiate spiritually advanced personality from schizophrenia patient?
16. Nasal irrigation is an adjunctive treatment in the management of allergic rhinitis. Justify the statement with mechanism of action through yoga
17. What is Tardive Dyskinesia? Write its Yogic Management.
18. Describe the role of Yoga in the management of menstrual disorders.
19. Describe Cognitive Behavioural Therapy
20. Describe IAYT for Vertigo.
21. Explain Hypersensitivity.
22. Describe the role of Yoga in the management of cancer survivals.

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

04* 10 =40 Marks

23. A middle aged man suddenly becomes detached and starts writing poems and stories, although it couldn't be understood by anyone because of language and context was also not rational. What is the most probable diagnosis? Explain in detail about the disease, pathophysiology, diagnostic criteria and effective management through evidence based yoga?
24. Mention briefly about somatoform disorders, dissociative disorders, and conversion disorders.
25. Elaborate the Role of Yoga in the management of Autoimmune disease with evidences.
26. Mr. and Mrs. Patel have been married for 10 years and have been unable to conceive. They are seeking help after multiple unsuccessful attempts. Advice investigations and Yoga based management plan.
27. A 65-year-old retired school teacher comes with complaints of gradual vision loss in both eyes over the past year. She reports increased difficulty in seeing objects at the periphery, frequent headaches, and occasional eye pain. Her medical history includes DM-2, HTN, for which she has been taking medications irregularly. On examination, her intraocular pressure (IOP) is found to be 28 mmHg in the right eye and 26 mmHg in the left eye. Visual field testing shows peripheral field loss in both eyes. Write your diagnosis and treatment plan with evidences.
28. A 45-year-old woman came complaints of lump in her right breast. She noticed the lump three months ago, and it has been gradually increasing in size. She also reports occasional pain and recently observed a slight discharge from her nipple. She has no family history of breast cancer and has not undergone any previous screening. Advice investigations, conventional and Yoga based management plan.