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

Program: BSc (Yoga Therapy)
Subject Name: Introduction to AYUSH
Sem Period: August, 2025 to December, 2025
Date: 25.11.2025
Examination Mode: Supplementary

Semester: 5th Semester
Subject Code: BSYTT 501
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:

Objective Types (Attempt All) – 1 Mark for each Question **10 *01 =10 Marks**

1. What is the goal of Yoga Therapy?
   a. Building muscle mass
   b. Promoting spiritual growth / Liberation
   c. Managing and improving health conditions
   d. Enhancing athletic performance

2. In Yoga Therapy, "Dhyana" is mainly used for:
   a. Physical flexibility
   b. Enhancing digestion
   c. Mental relaxation and clarity
   d. Building core strength

3. Which famous Indian leader strongly promoted Naturopathy in India?
   a. Mahatma Gandhi
   b. Jawaharlal Nehru
   c. Swami Vivekananda
   d. Subhash Chandra Bose

4. Which of the following therapies is a core aspect of Naturopathy?
   a. Surgery
   b. Hydrotherapy
   c. Chemotherapy
   d. Radiotherapy.

5. Which Dhatu is responsible for nourishing the body tissues?
   a. Rasa
   b. Rakta
   c. Mamsa
   d. Asthi

6. Which Dosha governs movement and circulation in the body?
   a. Pitta
   b. Vata
   c. Kapha
   d. Ojas

7. The humoral theory in Unani medicine is based on:
   a. Four humors
   b. Five elements
   c. Six tastes
   d. Three doshas

8. What is the principle of 'Minimum Dose' in Homeopathy?
   a. Using the largest possible dose
   b. Using the smallest dose to stimulate healing
   c. Administering multiple remedies at once
   d. Focusing on suppressing symptoms

9. How many basic elements unani medicine accepts?
   a. 2
   b. 4
   c. 5
   d. 3

10. What is the basic principle of Homeopathy?
   a. Like cures like
   b. Opposites cure opposites
   c. Allopathic intervention
   d. Dosha balancing

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

11. Explain "Enervation is the cause of the disease" in Naturopathy.?
12. Name any two classical texts related to yoga therapy.
13. What therapeutic practices are associated with Annamaya Kośa?
14. What is the role of Vijñānamaya Kośa in achieving mental clarity and health?
15. Name any two principles of Naturopathy?
16. What is the significance of water in the five-element theory of Naturopathy?
17. What is the principle of "Like cures like" in Homeopathy?
18. What is the concept of Agni in Ayurveda?
19. What are the functions of Asthi and Majja Dhatu in the human body?
20. What are the four qualities or states of human body according to Unani.
21. Who has proposed the concept of humor?
22. What is the concept of 'Minimum Dose' in Homeopathy?

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

23. Explain qualities, function, location of pitta dosha
24. Explain the concept of disease according to yoga vasistha
25. Compare and contrast the principles of yoga therapy described in Haṭha Ratnāvali and Gheraṇḍa Saṁhitā.
26. Write a brief history of Naturopathy?
27. Discuss the challenges and opportunities for promoting Naturopathy as a primary healthcare system
28. Explain criticism of homeopathy and discuss its reason
29. Evaluate the importance of Svasthavṛtta in maintaining long-term health
30. What is Hippocratian Theory according to Unani .

Long Essay: (Attempt any Four) – 10 Marks for each Question **04* 10 =40 Marks**

31. Explain 4 humors, 4 Elements and 4 characteristics of human body from Unani medicine and write its correlation with each other
32. Explain the yogic concept of health and disease and its relevance to maintaining a balanced lifestyle.
33. Evaluate the role of Naturopathy in the management and prevention of lifestyle disorders in urban populations.
34. Explain sadvritta and its correlation in Yoga
35. How does Haṭha Yoga emphasize health and wellness through cleansing and balancing practices?
36. Discuss the fundamental principles of Homeopathy and their interrelation.

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Program: BSc (Yoga Therapy)
Subject Name: Research Methods -1
Sem Period: August, 2025 to December, 2025
Date: 26.11.2025
Examination Mode: Supplementary

Semester: 5th Semester
Subject Code: BSYTT 502
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:

Objective Types (Attempt All) – 1 Mark for each Question **10 *01 =10 Marks**

1. A literature review is conducted to:
   a. Write conclusions
   b. Validate data
   c. Identify research gaps
   d. Test hypotheses

2. The term 'sampling' refers to:
   a. Analysis of data
   b. Selection of a subset from a population
   c. Formulation of a hypothesis
   d. Statistical testing

3. Which of the following is an example of a primary data source?
   a. Published books
   b. Surveys
   c. Literature reviews
   d. Encyclopedias

4. Validity in research means:
   a. The research measures what it intends to measure
   b. Consistent results over time
   c. Flexibility of methods
   d. The usability of tools.

5. In qualitative research, data is often collected through:
   a. Experiments
   b. Structured questionnaires
   c. Interviews and focus groups
   d. Large-scale surveys

6. Descriptive research aims to:
   a. Test hypotheses
   b. Explore relationships
   c. Describe characteristics of a population
   d. Prove theories

7. All individuals defined by the research problem is called
   a. Sample
   b. Data
   c. Population
   d. None of the above

8. A set of procedures by which a research study is conducted is called as
   a. Assessment
   b. Intervention
   c. Design
   d. Sampling

9. What is the main purpose of calculating measures of central tendency?
   a. To determine the spread of data
   b. To identify the central point of a dataset
   c. To calculate the total of all values in the dataset
   d. To assess the skewness of the data

10. A normal distribution is represented by which of the following shapes?
    a. Skewed curve
    b. Bell-shaped curve
    c. Uniform distribution
    d. J-shaped curve

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

11. Name two primary objectives of research on Yoga Therapy.
12. Placebo effect
13. Ratio scale
14. Categorical and continuous variables
15. Snowball sampling
16. Purposive sampling
17. Paired sample 't' test
18. Spearman correlation tests
19. Confounding variables.
20. Blinding in research
21. P-value
22. Convenience sampling

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

23. Differentiate between Pie chart and Histogram
24. Define the concept of a bell curve in statistics
25. Search engines in Literature Review
26. Define Normal distribution
27. Differentiate between Qualitative Vs Quantitative data
28. Differentiate between Prospective Vs Retrospective Research design
29. Differentiate between Primary Vs Secondary data
30. Differentiate between null and alternative hypotheses

Long Essay: (Attempt any Four) – 10 Marks for each Question **04* 10 =40 Marks**

31. Draw a flow-chart of a research process and describe each steps briefly.
32. Explain the role of ethical considerations in the research process. Provide examples of ethical challenges and how they can be addressed.
33. What are sampling methods? Differentiate between probability and non-probability sampling techniques and their applications in research.
34. Arrange the following data into a frequency table and calculate the mean, median, mode and standard deviation
{2,2,2,2,2,2,4,4,4,4,4,4,4,4,3,3,3,3,3,3,3,3,3,3,5,5,5,5,5,5,5,5,5,5,5,6,6,6,6,6,6,8,6,6,6,6,6,7,7,7,7,7,7
,7,7, 9,9,9,9,1,10,10,10}
35. Draw a Histogram and calculate the median and standard deviation of the following data.

Class	Frequency
10-20	4
20-30	3
30-40	2
40-50	6
50-60	3
60-70	2

36. Explain the different types of research designs with examples.