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: Anatomy I
Year Period: October, 2024 – February, 2026
Date: 03.02.2026
Examination Mode: Regular/Back Paper

Year: 1st Year
Subject Code: BNYS 101 T1
Batch: Oct, 2024/Nov, 2023/Nov, 2022
Time: 09.45 am to 12.45 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 of the following is a unique ossification feature of the clavicle?
   a) It ossifies entirely from a single secondary centre.
   b) It is the first bone to start ossifying and ossifies in membrane.
   c) It has a large medullary cavity.
   d) It ossifies only from cartilage.

2. Fracture of the surgical neck of the humerus poses the greatest risk of injury to which nerve?
   a) Median nerve
   b) Radial nerve
   c) Ulnar nerve
   d) Axillary nerve

3. Which artery is NOT a major source of blood supply to the breast?
   a) Internal thoracic artery
   b) Lateral thoracic artery
   c) Subclavian artery (direct branches)
   d) Thoracoacromial artery

4. Erb's palsy results from injury to which part of the brachial plexus?
   a) Lower trunk
   b) Middle trunk
   c) Upper trunk
   d) Posterior cord

5. The lumbar triangle of Petit is a potential site for:
   a) Lung auscultation
   b) Lumbar hernia
   c) Kidney surgery
   d) Spinal tap

6. The lower triangular space transmits which structures?
   a) Axillary nerve and posterior circumflex humeral vessels
   b) Radial nerve and profunda brachii vessels
   c) Circumflex scapular artery
   d) Suprascapular nerve and artery

7. Lymphoedema in the upper limb may occur after removal of which nodes?
   a) Inguinal nodes
   b) Axillary nodes
   c) Cervical nodes
   d) Parasternal nodes

8. Wrist drop results from injury to which nerve?
   a) Median nerve
   b) Ulnar nerve
   c) Radial nerve
   d) Musculocutaneous nerve

9. The median nerve passes through which structure at the wrist?
   a) Guyon's canal
   b) Carpal tunnel
   c) Anatomical snuffbox
   d) Cubital tunnel

10. The first carpometacarpal joint is classified as what type of joint?
    a) Hinge
    b) Pivot
    c) Saddle
    d) Plane

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

11. A fracture at the mid-shaft of the humerus is a common injury. List the nerves that are intimately related to the humerus and are therefore at risk in such fractures.
12. Enumerate the common interventional radiology procedures performed under imaging guidance.
13. Describe the lymphatic drainage pathways of the breast and their clinical importance in oncology.
14. Describe the organization and clinical importance of the axillary lymph node groups.
15. Describe the attachments, nerve supply, and main actions of the latissimus dorsi muscle.
16. Outline the arterial anastomoses around the scapula and their functional importance.
17. Explain the concept of axial lines and their significance in dermatome mapping.
18. Describe the origin, insertion, nerve supply, and actions of the triceps brachii muscle.
19. List the intrinsic muscles of the hand responsible for thumb movements and state their nerve supply.
20. Describe the movements possible at the first carpometacarpal (thumb) joint and their functional importance.
21. Describe the classification of ribs based on their anterior attachment.
22. What are the pleural recesses, and what is their functional significance?

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

23. With reference to clinical implications, describe the anatomy of the distal end of the radius, including its features, muscle attachments, articulations, and common fracture patterns.
24. Discuss the external features of the heart, including its borders, surfaces, grooves, apex, and base. Where is the apex beat normally located, and what is the clinical significance of dextrocardia?
25. Describe the clinical anatomy of the breast as it relates to breast cancer. Cover the common sites of pathology, modes of local and distant spread, associated clinical signs, and surgical considerations.
26. Describe the course, relations, and branches of the axillary artery. Divide it into its three parts, list the structures related to each part, and name all branches arising from each segment.
27. Describe the anatomical features and clinical significance of the Triangle of Auscultation and the Lumbar Triangle of Petit. For each, describe its precise boundaries, floor, and clinical relevance.
28. Describe the anatomy of the intermuscular spaces in the scapular region. Describe the boundaries and contents of the Quadrangular Space, Upper Triangular Space, and Lower Triangular Space.
29. Explain the anatomy of the radial nerve in the arm. Describe its origin, course through the radial groove, relations, branches, and the clinical features of an injury in the spiral groove.
30. Describe the anatomy of the carpal tunnel in detail. Include the boundaries formed by the flexor retinaculum and carpal bones, list all structures passing through it, and explain the clinical consequences of median nerve compression within it.

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

31. Anatomy of the median and ulnar nerves in the forearm and hand, including their course through the forearm, passage into the hand, terminal branches, detailed motor and sensory distribution, and the clinical features of injuries at various levels.
32. Arterial supply of the heart. Origin, course, branches, areas of distribution, anastomoses, and clinical implications of the coronary arteries.
33. Describe the gross anatomical differences between the right and left lungs, including lobes, fissures, bronchial tree, and bronchopulmonary segments, and explain their clinical significance

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: Anatomy II
Year Period: April, 2025 to March, 2026
Date: 05.02.2026
Examination Mode: Back Paper

Year: 1st Year
Subject Code: BNYS 101 T2
Batch: Nov, 2023/Nov, 2022
Time: 09.45 am to 12.45 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. Ossification center of patella begins at the age of
   a. At birth
   b. 1–2 years
   c. 3–6 years
   d. 8–10 years

2. Example of a ball and socket joint
   a. Knee joint
   b. Hip joint
   c. Elbow joint
   d. Ankle joint

3. Age-related opacification of lens is called
   a. Glaucoma
   b. Cataract
   c. Presbyopia
   d. Astigmatism

4. Muscle known as the "peripheral heart"
   a. Gastrocnemius
   b. Soleus
   c. Tibialis posterior
   d. Peroneus longus

5. Which is NOT a nerve injury
   a. Neuropraxia
   b. Axonotmesis
   c. Neurotmesis
   d. Myelitis

6. Length of spinal cord in adults is approximately
   a. 25- 30 cm
   b. 30- 35 cm
   c. 40–45 cm
   d. 45 -50 cm

7. Which is NOT an arterial anastomosis at the back of thigh
   a. Inferior gluteal artery
   b. Perforating branches of profunda femoris
   c. Obturator artery
   d. Popliteal artery

8. Waddling gait is caused due to paralysis of
   a. Gluteus maximus
   b. Gluteus medius and minimus
   c. Iliopsoas
   d. Tensor fasciae latae

9. Total number of bones forming the skull
   a. 22
   b. 25
   c. 28
   d. 30

10. Largest nutrient artery in the body is a branch of
    a. Femoral artery
    b. Popliteal artery
    c. Anterior tibial artery
    d. Posterior tibial artery

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

11. Define adductor hiatus.
12. Mention the causes of elephantiasis.
13. Name the components of the internal ear.
14. Draw and label trochanteric anastomosis
15. Mention factors maintaining the stability of the knee joint.
16. What are neuroglial cells?
17. What is trigeminal neuralgia?
18. Mention the features of the external nose.
19. What is tarsal tunnel syndrome?
20. Classify the joints of the foot.
21. State the anatomical position of tibia.
22. What is multiple sclerosis?

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

23. Describe the popliteal fossa under the headings: boundaries and contents.
24. Describe the applied anatomy of the knee joint.
25. Describe the longitudinal arches of the foot and add a brief note on flat foot.
26. Write a short note on the pterygopalatine fossa.
27. Describe the parts of the brain with their subdivisions.
28. Describe the femur mentioning its features and applied anatomy.
29. Describe the tenth cranial nerve with reference to its course and functions.
30. Describe the visual pathway.

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

31. Explain the course, branches and clinical anatomy of tibial and common peroneal nerve
32. Explain in detail about the hip joint with clinical anatomy
33. Explain in detail about the arterial supply of lower limb with appropriate diagrams

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: Biochemistry
Year Period: October, 2024 – February, 2026
Date: 12/02/2026
Examination Mode: Regular

Year: 1st Year
Subject Code: BNYS 103 T
Batch: October, 2024
Time: 09.45 am to 12.45 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 of the following sulphur containing amino acid?
   a. Tryptophan
   b. Lysine
   c. Cysteine
   d. Leucine

2. Which of the following is not a post transcriptional modification?
   a. Terminal base additions
   b. Base modifications
   c. RNA splicing
   d. Methylation

3. An example for ligases is
   a. Succinate thiokinase
   b. Alanine racemase
   c. Fumarase
   d. Aldolase

4. Calcitriol synthesis involves
   a. Both liver and kidney
   b. Intestine
   c. Adipose tissues
   d. Muscles

5. Which one of the following are the sources of copper?
   a. Liver
   b. Kidney
   c. Meat
   d. All the above

6. Lactose intolerance is caused by the enzyme
   a. Maltase
   b. Lactase
   c. Sucrase
   d. None of the above

7. Which of the following ketone bodies is not utilised as an energy source?
   a. Acetoacetate
   b. Beta-hydroxybutyrate
   c. Acetone
   d. None of the above

8. Which enzyme is deficient in Niemann-Pick disease leading to lipid accumulation?
   a. Hexosaminidase A
   b. Glucocerebrosidase
   c. Sphingomyelinase
   d. Ceramidase

9. An amino acid yielding acetyl CoA during catabolism is
   a. Ketogenic
   b. Glucogenic
   c. Essential
   d. Both a and b

10. Which of the following is incorrect about the nature of genetic code?
    a. Universal
    b. Triplet
    c. Degenerate
    d. Ambiguous

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

11. Classification of nitrogenous bases

12. Functions of lipids

13. Transamination and deamination

14. Operon

15. Porphyrins

16. Stages of fatty acid oxidation

17. Nitrogen balance

18. Sources of iron

19. Functions of ammonia

20. Structure of haemoglobin

21. Functions of FSH

22. Toxic compounds in food substances

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

23. Explain principles of Ninhydrin test reaction with limitation

24. Steps involved in prokaryotic DNA replication

25. Functions of Vitamin A and explain Wald's visual cycle

26. TCA cycle

27. Jaundice

28. BMR and mention the factors affecting the same

29. Acid base balance

30. Absorption and digestion of carbohydrates

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

31. Explain in detail about beta oxidation, its energetics and its clinical significance

32. Discuss the Glycogenolysis in detail. Add a note on its regulation.

33. Describe the chemistry, biochemical functions, daily requirements, sources and deficiency manifestations of riboflavin.

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: Philosophy of Naturopathy
Year Period: October, 2024 – February, 2026
Date: 16.02.2026
Examination Mode: Regular

Year: 1st Year
Subject Code: BNYS 104 T
Batch: October, 2024
Time: 09.45 am to 12.45 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. The time between exposure to infection and development of disease is called:
   a. Aggravation
   b. Incubation
   c. Destruction
   d. Abatement

2. Skin and mucous membranes belong to:
   a. Second Line of defense
   b. Third line of defense
   c. First Line of defense
   d. Adaptive Immunity

3. Who proposed the Theory of Toxaemia?
   a. Benedict Lust
   b. Henry Lindlahr
   c. John Henry Tilden
   d. Adolf Just

4. "Cleanliness alone heals" was propounded by:
   a. John Henry Tilden
   b. Henry Lindlahr
   c. Louis Kuhne
   d. Arnold Rickli

5. What does the term "Homeopathy" mean in Greek?
   a. "Homo" for illness and "pathos" for cure.
   b. "Homo" for similar and "pathos" for illness.
   c. "Homo" for health and "pathos" for disease.
   d. "Homo" for balance and "pathos" for healing.

6. Basal body temperature typically rises after:
   a. Menstruation
   b. Fertilization
   c. Ovulation
   d. Implantation

7. "Unity of Disease and Unity of Cure" was propounded by:
   a. Sebastien Kneipp
   b. Henry Lindlahr
   c. Louis Kuhne
   d. Kellogg

8. The founder of Rational Hydrotherapy is:
   a. Vincent Priessnitz
   b. J H Kellogg
   c. Sebastian Kneipp
   d. Benedict Lust

9. Which principle of medical ethics emphasizes the right to patients to make decisions about their own healthcare?
   a. Non-Maleficence
   b. Beneficence
   c. Justice
   d. Autonomy

10. Which of the following serves as the essential electron donor (reductant) for the Cytochrome P450 cycle?
    a. ATP
    b. NADPH
    c. Vit C
    d. NADP

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

11. Innate Immunity
12. Name "Tilden Model of Seven stages of Health loss".
13. Define Vitality.
14. Dr B Venkat Rao
15. Anti-Oxidants
16. Hering's Law of Cure
17. Difference between Disease, Illness and Sickness.
18. Mention any two contributions of Henry Lindlahr.
19. Law of Similars
20. Define Xenobiotics. Give 4 Examples on Xenobiotic Compounds.
21. Iris Diagnosis
22. Mention any two contributions of Adolf Just.

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

23. Describe the five successive stages of inflammation as explained in naturopathy, highlighting the changes occurring in each stage.
24. Describe Mahatma Gandhi's contribution to the field of Naturopathy.
25. Unity of Disease and Unity of Cure.
26. Write a short note on Global Perspectives of Complementary and Alternative Medicine.
27. Add a note on:
- **a)** Properties of Vitality (1 Marks)
- **b)** Describe Vital Economy (2 Marks)
- **c)** Mention Nature Cure methods of conservation of Vitality. (2 Marks)

28. Define Homeostasis. Explain its importance in human body with suitable examples.
29. Define Detoxification and Entoxication. Add a note on Cytochrome P 450. Explain Phase I reactions involved in the metabolism of Xenobiotics.
30. Answer the following: (Each sub-question carries 1 Mark)
- **a)** What is Health?
- **b)** What is a Healing Crisis?
- **c)** What is Nature Cure?
- **d)** What methods of cure are in conformity with the Constructive Principle in Nature?
- **e)** What is Acute Disease?

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

31. Describe the philosophy of naturopathy by explaining its ten basic principles.
32. Define Panchamahabhoota and explain their evolution. Discuss in detail the properties, physiological functions, and diagnostic applications of each element within the human body.
33. Provide a comparative analysis between Naturopathy and other systems of medicine (Allopathy, Ayurveda, Unani, Siddha and Homeopathy). Highlight the differences in their approaches to diagnosis, treatment, and the concept of health and disease.

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: Physiology I
Year Period: October 2024 – February 2026
Date: 07/02/2026
Examination Mode: Regular

Year: 1st Year
Subject Code: BNYS 102 T1
Batch: October, 2024
Time: 09.45 A.M to 12.45 P.M
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 in the rectangular space provided here
4. Draw a diagram where it's necessary

Reg No:

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

1. Glucose is co-transported into the cell with
   a) Sodium
   b) Potassium
   c) Calcium
   d) Hydrogen

2. Megaloblastic anaemia is
   a) Normocytic normochromic
   b) Microcytic hypochromic
   c) Normocytic hypochromic
   d) Macrocytic hypochromic

3. Normal GFR in an average-sized healthy adult man is approximately
   a) 60-80 mL/min
   b) 90-120 mL/min
   c) 250-300 mL/min
   d) 160-200 mL/min

4. Which one of the following is the reason for infant respiratory distress syndrome?
   a) High atmospheric pressure
   b) low atmospheric pressure
   c) Absence of autonomic nerves
   d) Absence of surfactant

5. Which one of the following in the digestive juice has the lower pH?
   a) Saliva
   b) Gastric juice
   c) Pancreatic juice
   d) Intestinal juice

6. The T wave in a normal electrocardiogram is caused by
   a) Atrial depolarization
   b) Atrial repolarization
   c) Ventricular depolarization
   d) Ventricular repolarization

7. Which one of the following is not measured by a spirometer?
   a) Tidal volume
   b) Vital capacity
   c) ERV
   d) RV

8. The second heart sound is caused by
   a) Closing of the atrioventricular valves
   b) Closing of the aortic & pulmonary valves
   c) Ejection of blood from the ventricles
   d) Opening of the AV valves

9. Which of the following is one of the actions of the parasympathetic division of the Autonomic nervous system?
   a) Increase heart rate
   b) Constricts bronchial tubes
   c) Stimulates sweat glands
   d) inhibits intestinal motility

10. Which of these locations in the forebrain is the master control center for homeostasis through the autonomic and endocrine systems
   a) Hypothalamus
   b) Thalamus
   c) Amygdala
   d) Cerebral cortex

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

11. Rouleaux Formation
12. Artificial Respiration
13. Cardiac vector
14. Haemorrhage
15. Surfactant
16. Uremia
17. Respiratory reserve volume & its value
18. Apoptosis
19. Einthoven's law
20. Define Arrhythmia and mention its types.
21. Bowman's space
22. Define anticoagulant and name two anticoagulants.

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

23. Pressure and volume changes during respiration?
24. Define circulatory shock & mention its types? Note on stages of circulatory shock?
25. Note on blood grouping
26. Explain the homeostasis in the body with suitable examples.
27. Define immunity, its classification & explain the development of cell-mediated immunity.
28. Write the process of acidification of urine
29. Note on the movement of the large intestine
30. Heart sounds and their clinical importance.

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

31. Define cardiac cycle. Describe various events of the cardiac cycle with its pressure and volume changes.
32. Define erythropoiesis. List the different stages of erythropoiesis. Describe the changes that take place in each stage and the factors necessary for erythropoiesis.
33. Define respiration, and explain in detail the Pulmonary circulation.

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: Physiology II
Year Period: October, 2024 to February, 2026
Date: 10/02/2026
Examination Mode: Regular

Year: 1st Year
Subject Code: BNYS 102 T2
Batch: October, 2024
Time: 09.45 A.M to 12.45 P.M
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 in the rectangular space provided here
4. Draw a diagram where it's necessary

Reg No:

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

1. In the resting state the conductance of the membrane is more for which of the ions?
   a) Na+
   b) Ca++
   c) K+
   d) cl-

2. Targets of the autonomic nervous system include all of the following EXCEPT
   a) Cardiac muscle
   b) Exocrine glands
   c) Skeletal muscle
   d) Endocrine glands

3. Repolarization of the membrane begins when:
   a) Sodium channels are inactivated
   b) Potassium channels close
   c) Sodium entry slows down
   d) Sodium channels are activated

4. Catecholamines are derived from
   a) Acetylcholine
   b) Tyrosine
   c) Tryptophan
   d) Epinephrine

5. The protein that is involved in skeletal muscle contraction but not in smooth muscle contraction is:
   a) Troponin
   b) Myosin
   c) Actin
   d) ATPase

6. The hypothalamus does not contain a control centre for the homeostatic regulation of
   a) Body temperature
   b) Various emotional states
   c) Urinary bladder reflexes
   d) Eating

7. Grave's disease shows following features EXCEPT
   a) Exophthalmos
   b) Decrease Pulse rate
   c) Intolerance to heat
   d) Increased BMR

8. In a muscle fibre light band:
   a) Contain myosin filaments
   b) Are anisotropic to polarized light
   c) Show interaction among actin and myosin filaments
   d) Are produced due to Z disc

9. Sympathetic stimulation causes
   a) Dilatation of all blood vessels of the body
   b) Activates gastric motility
   c) Decreased Cardiac activity
   d) Pupillary dilatation

10. During Isometric muscle contraction
    a) Muscle does not shorten
    b) Shortening muscle occurs
    c) Tension on muscles remains constant
    d) Muscle gets shorter against a fixed load

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

11. Gonads
12. Synapse
13. Saltatory conduction
14. Function of the thalamus
15. Action potential
16. Reflex arc
17. Syringomyelia
18. Test for ovulation
19. Graves' disease
20. Cryptorchidism
21. Sarcomere
22. Babinski's sign

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

23. Properties of reflexes.
24. Physiology of Lactation
25. Detailed note on functions of oxytocin
26. Composition and function of CSF
27. Brown Sequard syndrome
28. Functions of the basal ganglia
29. Mechanism of action of hormones on target cells
30. Enumerate the hormones secreted by the anterior pituitary gland.

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

31. Describe the synthesis, storage, functions, and regulation of the secretion of thyroid hormones.
32. Describe the molecular basis of muscular contraction. Write a short note on the properties of nerve fibres.
33. Describe the origin, course termination, and functions of the pyramidal tract. Write a note on Upper Motor neuron lesions

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: Principles of Yoga
Year Period: October, 2024 – February, 2026
Date: 18/02/2026
Examination Mode: Regular

Year: 1st Year
Subject Code: BNYS 105 T
Batch: October, 2024
Time: 09.45 am to 12.45 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. In which verse(s) of the Bhagavad Gita is Yoga defined?
   a. 2.47 and 2.48
   b. 2.48 and 6.23
   c. 6.20 and 6.21
   d. 4.34 and 18.66

2. How many Upavedas are there
   a. 4
   b. 2
   c. 6
   d. 5

3. Which of the following is not part of Antaranga Yoga?
   a. Pranayama
   b. Dharana
   c. Dhyana
   d. Samadhi

4. Vipassana, meaning
   a. to see things as they really are
   b. To see things differently
   c. To make out the difference
   d. None

5. Book of Music
   a. Sama veda
   b. Rig veda
   c. Yajur veda
   d. Atharva veda

6. The function of apana prana is
   a. urination
   b. digestion
   c. sneezing
   d. vomiting

7. Shashakasana resembles
   a. rabbit
   b. cat
   c. half Moon
   d. Sun

8. In hatha yoga "Tha" represented to which Nadi
   a. Ida
   b. Pingala
   c. Sushumna
   d. a & c

9. Below which Kriya did not come under Hrid dhauti
   a. Vastra
   b. Danda
   c. chakshu
   d. Vamana

10. The language of the lesson plan should be
    a. simple and understandable
    b. very precise and to the point
    c. Technical world may not be ignored
    d. a & c

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

11. What are the psychological benefits due to yogic practices?

12. Explain the contribution of Sri Ramakrishna in the field of yoga.

13. List the types of Karmas

14. Mention the programs provided by SVYASA

15. Define Upanishad

16. List Practices for Annamaya kosha

17. Give the benefits of Basti

18. State any two Objectives of Hatha Yoga practice

19. Define Yama according to Hatha yoga

20. Explain Mithahara according to Hatha Yoga

21. List the benefits of Audiovisual aids

22. What is the significance of the 5 elements (Panchamahabutas) in Mudras?

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

23. Explain the nine forms of Bhakti.

24. Explain the concepts of Upanishad

25. Explain the Pancha Pranas

26. Write the advantages of creating a lesson plan.

27. Explain Badhaka Tattva.

28. Define Yogasana and its benefits according to Hatha yoga

29. Explain Shodhana Kriya according to Gheranda Samhita

30. Explain the procedure of Jala neti.

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

31. Explain different streams of Yoga.

32. Explain the Cyclic meditation and MSRT

33. Explain in detail about Basic Hasta Mudras