



BNYS

Supplementary Examination

July - 2024

Question Papers



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, 2023 - March, 2024
Date: 19.07.2024
Examination Mode: Back Paper

Year: 4th Year
Subject Code: BNYS 407 T1
Batch: 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
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 the richest source of Vitamin K?
 - a. Basil
 - b. Cauliflower
 - c. Cabbage
 - d. Spinach
2. Sanyinjiao is the Chinese name of ____
 - a. St 36
 - b. Sp 6
 - c. LI 4
 - d. Du 20
3. Which of the following colour has shown to stimulate glucose oxidase?
 - a. Violet
 - b. Indigo
 - c. Purple
 - d. Red
4. ____ is a major source of curcumin
 - a. Papaya
 - b. Pineapple
 - c. Turmeric
 - d. Tomato
5. Which of the following acupuncture point is used as an analgesic point?
 - a. Hegu
 - b. Sanyinjiao
 - c. Baihui
 - d. Zusanli
6. Best hydrotherapy treatment to quickly reduce blood pressure in hypertension patients?
 - a. Cold Hip Bath
 - b. Neutral spinal bath
 - c. Ice compress neck
 - d. Hot foot bath
7. ____ present in cabbage juice stimulates mucin synthesis to heal peptic ulcer
 - a. Glutamine
 - b. Sulforaphane
 - c. Calcium
 - d. Tryptophan
8. In Iris diagnosis, ____ indicates chronic condition of a disease.
 - a. Closed lesion
 - b. Open lesion
 - c. Crypts
 - d. Defects
9. Most dangerous of the following encumbrances is -----
 - a. Front
 - b. Back
 - c. Right
 - d. Left
10. Which of the following food will you advice for microcytic hypochromic anemia?
 - a. Dates
 - b. Buttermilk
 - c. Parboiled rice
 - d. Pineapple

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

10 *02 =20 Marks

11. Hydrotherapy for insomnia.
12. Name 3 acupuncture points to establish homeostasis
13. What is the expansion of ICH-GCP?
14. Contraindications for mud bath
15. Indications for fibre rich diet
16. Name 2 acute diseases that can be managed well with Naturopathy with rationale?
17. What would be the first aid to be given for sprain during sports event?
18. Name 4 anti-inflammatory foods.
19. Foods to avoid in arthritis
20. Hydrotherapy for diabetes
21. Chromotherapy for cancer
22. Electrotherapy for low back pain.

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

06 *05 =30 Marks

23. Explain any 3 Naturopathy principles scientifically
24. Mrs. Y is a 27 yrs old obese woman with BMI of 31 kg/m². Chief complaints of tiredness, constipation and anaemia. Prepare a diet chart with rationale
25. 'Germs do not cause disease'- Justify
26. Naturopathy management of OAK
27. Make a one-week Naturopathic diet and treatment prescription for promotion of overall positive health
28. Gout- and its dietary management
29. Acupuncture management of diabetic neuropathy
30. Cardiac rehabilitation in Naturopathy

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

02* 10 =20 Marks

31. Osteoarthritis – Its etio-pathogenesis, differential diagnosis and Naturopathy management with rationale.
32. Based on Arogya Rakshaka Panchatantra, draft a lifestyle intervention in the management of Non-Communicable Diseases (NCDs)
33. PCOS- Its etio-pathogenesis, differential diagnosis, lab investigations and Naturopathy management

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, 2023 - March, 2024
Date: 08.07.2024
Examination Mode: Back Paper

Year: 4th Year
Subject Code: BNYS 401 T1
Batch: 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. A diet high in saturated fats can be linked to _____
 - a. Diabetic mellitus
 - b. Chronic renal failure
 - c. Cardio vascular disease
 - d. Acute pancreatitis
2. Assessment of Obesity done by _____
 - a. Body Weight
 - b. Estimation of total body fat
 - c. Skin-fold measurements
 - d. All the above
3. Fasting therapy is based on _____ element of 'Panchamahabhuta theory'.
 - a. Earth
 - b. Water
 - c. Fire
 - d. Ether
4. Which is a Omega -3 fatty acid?
 - a. Palmitic acid
 - b. Lauric acid
 - c. Eicosapentaenoic acid
 - d. Stearic acid
5. Assessment of Obesity done by _____
 - a. Body Weight
 - b. Estimation of total body fat
 - c. Skin-fold measurements
 - d. All the above
6. A food allergy is an adverse immune response to a food contains _____
 - a. Protein
 - b. Carbohydrates
 - c. Fat
 - d. Alcohol
7. Major mineral present in coconut water is _____
 - a. Potassium
 - b. Calcium
 - c. Magnesium
 - d. Sodium
8. Carbohydrate are well known _____
 - a. Energy yielding food
 - b. Regulatory food
 - c. Body building food
 - d. All the above
9. Milk and Milk products are required for health of _____
 - a. Bones
 - b. Muscles
 - c. Teeth
 - d. All the above
10. Stored groundnut may be contaminated with the fungus _____ which produces toxins called aflatoxins.
 - a. Aspergillus flavus
 - b. Aspergillus clavatus
 - c. Aspergillus niger
 - d. Aspergillus fumigates

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

10 *02 =20 Marks

11. Advantages of cooked food.
12. Define fasting.
13. Benefits of alkaline juices.
14. Methods of preparation of sprouts.
15. Health benefits of Mono diet.
16. List the common foods that causes food allergy.
17. Low fat diet.
18. Weaning food.
19. Health benefits of Barley water.
20. Contra indications of fasting.
21. Religious fasting.
22. Therapeutic benefits of buttermilk.

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

06 *05 =30 Marks

23. Explain Dietary requirements of Pregnant woman.
24. Hygiene and auxiliaries of fasting.
25. Twenty rules of sane fasting.
26. Write about Do's and Don'ts of fasting.
27. Classify food according to Naturopathy.
28. Role of food combination and what are good food combination?
29. Explain diet in renal disorders.
30. Concept of Wholesome Diet

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

02* 10 =20 Marks

31. Write about Dietetic Principles in Naturopathy.
32. Write in detail about metabolism of fasting.
33. How 'Natural foods' play an important role in maintaining health?

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: First Aid & Emergency Medicine

Year Period: April, 2023 - March, 2024

Date: 17.07.2024

Examination Mode: Back Paper

Year: 4th Year

Subject Code: BNYS 406 T1

Batch: 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. What is the recommended ratio of compressions to breaths during CPR for adults?
 - a. 15 compressions: 2 breaths
 - b. 30 compressions: 2 breaths
 - c. 5 compressions: 1 breath
 - d. 100 compressions: 10 breaths
2. In a patient with a suspected concussion, what is the initial management approach?
 - a. Encourage physical activity to assess symptoms
 - b. Allow the person to sleep immediately
 - c. Administer over-the-counter pain medication
 - d. Monitor for worsening symptoms and seek medical attention if needed
3. How should you treat a minor burn?
 - a. Apply ice directly to the burn
 - b. Cover the burn with a clean, dry cloth
 - c. Pop any blisters that form
 - d. Immerse the burn in cold water for at least 10 minutes
4. What is the primary treatment for a patient with a suspected fracture?
 - a. Apply a warm compress
 - b. Immobilize the injured area and seek medical attention
 - c. Massage the area to promote blood flow
 - d. Administer pain medication
5. What is the primary purpose of an AED (Automated External Defibrillator)?
 - a. Stop bleeding
 - b. Administer medication
 - c. Restart the heart's normal rhythm
 - d. Provide pain relief
6. What is the purpose of the Glasgow Coma Scale (GCS) in assessing patients with head injuries?
 - a. Measure blood pressure
 - b. Evaluate eye, verbal, and motor responses
 - c. Assess lung function
 - d. Determine body temperature
7. What is the first thing you should do if you suspect someone is having a heart attack?
 - a. Give them aspirin
 - b. Lay them down and elevate their legs
 - c. Call for emergency medical help (911 or local emergency number)
 - d. Perform CPR immediately
8. What is the primary treatment for a patient with a severe burn?
 - a. Apply ice to the burn
 - b. Administer pain medication
 - c. Cover the burn with a sterile dressing and seek medical attention
 - d. Clean the burn with soap and water

9. In a patient with suspected internal bleeding following trauma, which vital sign is most indicative of shock?

- a. Hypertension
- b. Tachycardia
- c. Hyperthermia
- d. Hypoxemia

10. Which medication is commonly used for pain relief in a patient with a suspected heart attack?

- a. Aspirin
- b. Ibuprofen
- c. Morphine
- d. Acetaminophen

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

10 *02 =20 Marks

11. What is asphyxia
12. Psychogenic shock
13. Dumb rabies.
14. Pericardiocentesis.
15. Pulsus Paradoxus.
16. Define pulmonary embolism.
17. Westermark's sign.
18. Cholechololithiasis.
19. Myoclonic seizure.
20. Spurious hyperkalaemia
21. Nebulizer.
22. Beer potomania.

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

06 *05 =30 Marks

23. Explain in detail about 'defibrillator' in BLS method
24. First aid management of febrile convulsion
25. Explain in detail about different types of bandages.
26. Management of opiate poisoning
27. Glasgow Coma Scale
28. Clinical features of ARDS
29. Specific treatment of Haematuria
30. Management of metabolic acidosis due to Acute Renal Failure

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

02* 10 =20 Marks

31. What is drowning. Difference between wet and dry drowning. Write in detail about aetiology and clinical features of drowning. Explain in detail about first aid and emergency management of drowning
32. Define acute diarrhoea. Write in detail about aetiology, clinical features, clinical investigations and emergency management of acute diarrhoea. Short note on ORS.
33. Define acute poisoning. Write the different routes of poisoning. Explain in detail about the O poisoning along with antidotes. Short note on CNS effects of poisoning

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
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Program: BNYS
Subject Name: Hydrotherapy & Mud Therapy
Year Period: April, 2023 - March, 2024
Date: 12.07.2024
Examination Mode: Back Paper

Year: 4th Year
Subject Code: BNYS 404 T1
Batch: 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. Epidermal barrier function and stratum corneum water holding capacity will be increased by
 - a. Cold bath
 - b. Sauna bath
 - c. Friction
 - d. None
2. Cold epigastric douche indicated in
 - a. Hypopepsia
 - b. Hyperpepsia
 - c. Gastrorrhea
 - d. None
3. Acute inflammatory conditions of the eye treated by
 - a. Hot irrigation
 - b. Cold irrigation
 - c. Neutral irrigation
 - d. All of the above
4. Author of febrifugum magnum
 - a. John Wesley
 - b. John Hancock
 - c. John Sinclair
 - d. John flayer
5. Primary effect of heat is
 - a. Excitant
 - b. Sedative
 - c. Atonic
 - d. Depressant
6. Ergograph was to detect the change in activity of
 - a. Skin
 - b. Muscles
 - c. Lungs
 - d. Feet
7. Strasser showed that general hot applications
 - a. Diminishes alkalinity of blood
 - b. Increases alkalinity of blood
 - c. Increases blood cells
 - d. None
8. Temperature of tepid according to J. H. Kellogg
 - a. 55-65 D F
 - b. 40-55 D F
 - c. 50- 60 D F
 - d. 80-92 D F
9. Capillary action ion water because of
 - a. Cohesion and adhesion property
 - b. Ionisation property
 - c. Latent heat property
 - d. Density property
10. Absorption of exduates in joints or muscles is
 - a. Tonic effect
 - b. Resolvent effect
 - c. Reflex effect
 - d. None of these

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

10 *02 =20 Marks

11. Contributions of Vincent priessnitz
12. Factors favouring heat elimination
13. Indications of cold spinal bath
14. Hydrotherapy for hyperacidity
15. Modified thermic reaction
16. Mustard pack
17. Graduated bath
18. Effect of short hot and cold applications
19. Derivative effects
20. Hydrostatic pressure and buoyancy
21. Epsom salt
22. Pelvic pack

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

06 *05 =30 Marks

23. Name different reflex areas and explain effect of cold on these areas.
24. What is action and reaction? Write the factors that encourages and discourages reaction.
25. Classify and explain primary excitants.
26. Antithermic and antipyretic effects
27. Prescribe Hydriatic treatment for hypertension with scientific evidences.
28. Write the procedure, physiological effects and therapeutic benefits of sauna bath.
29. What is calorimeter? Name different types. Explain about Authors fever calorimeter
30. Physiological effects of hot and cold on digestive system

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

02* 10 =20 Marks

31. What is mud therapy? Mention types of mud therapy applications. Write in detail about effect of mud on different systems of the body. (2+3+5)
32. Define douche. Explain the different types of douches. Mention the indication and contraindications. (2+5+3)
33. What is pool therapy? Write indication and contraindications. Explain physiological and therapeutical effects of exercise in warm water. (2+3+5)

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: Obstetrics & Gynecology
Year Period: April, 2023 - March, 2024
Date: 09.07.2024
Examination Mode: Back Paper

Year: 4th Year
Subject Code: BNYS 402 T1
Batch: 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. Time required for a spermatogonium to develop into mature spermatozoon is about -----days.
 - a. 72 days
 - b. 61 days
 - c. 68 days
 - d. 69 days
2. The major contribution in amniotic fluid by
 - a. Fetal plasma
 - b. Fetal urine
 - c. Maternal urine
 - d. Maternal plasma
3. Which cardinal movement does not occur during labor ?
 - a. Flexion
 - b. Internal rotation
 - c. Abduction
 - d. Extension
4. Drug of choice in eclampsia for convulsions
 - a. Phenytoin
 - b. Carbamazepine
 - c. Magnesium sulphate
 - d. Diazepam
5. Dystocia dystrophia syndrome seen in _____
 - a. Contracted pelvis
 - b. Abnormal uterine action
 - c. Uterine inertia
 - d. None of them
6. Which hormones thicken the lining of the uterus?
 - a. FSH
 - b. Estrogens
 - c. LH
 - d. Progesterone
7. Most common cause of death in carcinoma cervix is
 - a. Uremia
 - b. Anemia
 - c. Sepsis
 - d. Hepatic failure
8. Turner's syndrome is
 - a. 45 XO
 - b. 46 XY
 - c. 47 XXY
 - d. None of the above
9. Surgery for ovary is called _____
 - a. Vasectomy
 - b. Hysterectomy
 - c. Tubectomy
 - d. Oophorectomy
10. Causes of primary amenorrhoea are all except
 - a. Turner syndrome
 - b. Sheeharis syndrome
 - c. MRKH syndrome
 - d. Kallmann syndrome

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

10 *02 =20 Marks

11. Physiological changes of breast during pregnancy.
12. Diagonal conjugate.
13. Care of puerperium.
14. Monozygotic twins.
15. Mac-café's management in placenta previat.
16. Natural methods of contraception.
17. Mention down the external genital organs of female.
18. Endocrinology relation to reproduction.
19. Diagnosis of secondary amenorrhea.
20. Define fibroid uterus.
21. Mucinous cyst adenoma?
22. Oral glucose challenge test.

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

06 *05 =30 Marks

23. Fetal circulation before and after birth.
24. Briefly explain spermatogenesis and oogenesis.
25. Describe use of misoprostol in obstetrics and its side effects.
26. Write in detail hydramnios.
27. Explain physiological changes during menopause.
28. Types of endometritis and its treatment?
29. Write the pathology of ovarian neoplasms?
30. What are the stages of syphilis?

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

02* 10 =20 Marks

31. Diabetes in pregnancy, add a note on diet during gestational diabetes
32. Define & describe the etiology of female infertility. Write the diagnosis and management of tubal causes of infertility
33. Write in detail the breast diseases and management through naturopathy modalities.

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: Physical Medicine & Rehabilitation
Year Period: April, 2023 - March, 2024
Date: 15.07.2024
Examination Mode: Back Paper

Year: 4th Year
Subject Code: BNYS 405 T1
Batch: Aug, 2019
Time: 09.45 am to 12.45 pm
Max. Marks: 80

General Instructions:

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Reg No:

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

1. Medium frequency currents are those whose frequency ranges from:
 - a. 1-100 Hz
 - b. 1000 Hz-10000Hz
 - c. >1 MHz
 - d. 4000-5000 Hz
2. As an ultrasonic beam travels through tissues the energy contained within it decreases with the distance traversed. This phenomenon is known as:
 - a. Absorption
 - b. Attenuation
 - c. Conduction
 - d. Reflection
3. Elbow crutches are indicated for persons with:
 - a. Strong upper extremities and strong trunk
 - b. Strong upper extremities and weak trunk.
 - c. Weak upper extremities and strong trunk
 - d. Weak upper extremities and weak trunk
4. Loss of axonal continuity with intact connective tissue coverings represents which type of nerve injury?
 - a. Neuropraxia
 - b. Axonotmesis
 - c. Neurotmesis
 - d. Neurolysis
5. Distance from the point of heel strike, of one extremity to the point of heel strike of the opposite extremity is called as :
 - a. Step width
 - b. Stride width
 - c. Step length
 - d. Stride length
6. Conventional TENS is:
 - a. High-intensity, low-frequency stimulation
 - b. Low-intensity, low-frequency stimulation
 - c. High-intensity, high-frequency stimulation
 - d. High-frequency, low-intensity stimulation
7. 10 RM load refers to:
 - a. A weight that can be lifted less than 10 times as it is too heavy.
 - b. A maximum weight that can be lifted for minimum 10 times
 - c. A minimum weight that can be lifted for maximum 10 times
 - d. A weight that can be lifted only 10 times and is too heavy to be lifted more than 10 times
8. Nodding movement of the head is an example of order lever.
 - a. 1st
 - b. 2nd
 - c. 3rd
 - d. 4th

9. Vertical suspension is used for
- Relaxation
 - Strengthening
 - Stretching
 - Proximal fixation

10. Double support phase is present at the phase of the gait cycle.
- Beginning of stance
 - End of stance.
 - Beginning and end of stance
 - Mid stance

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

10 *02 =20 Marks

- Mention different types of muscle contraction?
- Define static and dynamic posture?
- Define axis and plane?
- Define mechanical advantage?
- Define Fuse?
- Coupling media?
- Burst TENS?
- Beat frequency?
- What is a Voltmeter?
- Write contraindication for LASER?
- Define PNF?
- What is 10 RM?

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

06 *05 =30 Marks

- Explain physiological and therapeutic effects of IFT?
- Explain the production of ultrasound?
- Physiological and therapeutic effects of faradic current?
- Parallel force system?
- Define posture and mention about various types of abnormal posture?
- Newton's laws of motion?
- Indications, contraindications for passive movement?
- Precaution and contraindications of stretching?

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

02* 10 =20 Marks

- Principles of Proprioceptive neuromuscular facilitation?
- Define UVR. Describe different methods of UVR production. Add a note on its physiological benefits and contra-indication
- Write in detail kinetics and kinematics of gait

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: Research Methodology & Recent Advances
Year Period: April, 2023 - March, 2024
Date: 22.07.2024
Examination Mode: Back Paper

Year: 4th Year
Subject Code: BNYS 408 T1
Batch: 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. Scatter-plot shows a set of data points that are widely scattered around a line that slopes up to the right. Which of the following values would be closest to the correlation for these data?
 - a. 0.8
 - b. 0.4
 - c. -0.8
 - d. -0.4
2. Which of the following is NOT correct?
 - a. The p-value measures the probability that the null hypothesis is true
 - b. The power of a test depends upon the sample size and the distance between the null hypothesis and the alternative hypothesis
 - c. The probability of a type II error is controlled by the sample size n
 - d. The probability of a type I error is controlled by the selection of the level of significance α
3. What name is given to data which can be ranked?
 - a. Categorical Data
 - b. Ordinal Data
 - c. Ratio Data
 - d. Interval Data
4. When the characteristic being studied is nonnumeric, it is called a:
 - a. Quantitative variable
 - b. Qualitative variable
 - c. Discrete variable
 - d. Continuous variable
5. What is the median of the following set of scores: 18, 6, 12, 10, 14?
 - a. 10
 - b. 14
 - c. 18
 - d. 12
6. Approximately what percentage of scores fall within one standard deviation of the mean in a normal distribution?
 - a. 34%
 - b. 95%
 - c. 99%
 - d. 68%
7. The most frequently occurring number in a set of values is called the _____.
 - a. Mean
 - b. Median
 - c. Mode
 - d. Range
8. What does the term 'longitudinal design' mean?
 - a. A study completed far away from where the researcher lives.
 - b. A study which is very long to read.
 - c. A study with two contrasting cases.
 - d. A study completed over a distinct period of time to map changes.

9. If a study is "reliable", this means that:
- the methods are outlined in the methods discussion clearly enough for the research to be replicated.
 - the measures devised for concepts are stable on different occasions.
 - the findings can be generalized to other social phenomena
 - it was conducted by a reputable researcher who can be trusted.

10. Prior to starting a clinical trial, the protocol must be approved by the:
- Regional Regulatory Authority (e.g. the FDA)
 - The ethical review board (REB/IRB/IEC)
 - Sponsor
 - Trial Steering Committee

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

10 *02 =20 Marks

- What is Correlation?
- Define the following: population, sample
- Write different methods of sampling
- Draw a histogram and give one advantage of histogram
- Define standard error
- Describe the procedure of comparing two group means
- Box and whiskers plot
- Measure of central tendency
- Limitation of clinical trials
- Informed consent
- Randomization
- Give the advantages of tabulation

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

06 *05 =30 Marks

- Blinding techniques
- Sample Size
- Define primary and secondary data
- What are the essential characteristics of a good table?
- Write the limitations of Statistics
- Difference between qualitative and quantitative data
- What is Plagiarism? How to avoid Plagiarism
- Inclusion and exclusion Criteria in clinical study

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

02* 10 =20 Marks

- What is testing of hypothesis? Write steps involved. How will you decide a statistical method for your study, explain with suitable example?
- Discuss the significance of literature review. Explain various types of writing review of literature in research papers.
- Describe Research Methodology and types of study designs with suitable example

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: Yoga Therapy

Year Period: April, 2023 - March, 2024

Date: 10.07.2024

Examination Mode: Back Paper

Year: 4th Year

Subject Code: BNYS 403 T1

Batch: Aug, 2019 & Aug, 2015

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. Concept of PRANA and UPAPRANA is explained in which kosha.
 - a. Annamaya
 - b. Manomaya
 - c. Anandamaya
 - d. Pranamaya
2. According to hatha yoga pradipika what is the duration of pooraka, kumbhaka and rechaka
 - a. 1:1:1
 - b. 2:4:1
 - c. 1:4:2
 - d. 1:2:1
3. Following mudra is essential to be mastered for doing Agnisara kriya
 - a. Kaki Mudra
 - b. Jalandhara bandha
 - c. Pashinee Mudra
 - d. None of the above
4. Baddakonasana is the best practice for _____
 - a. Gastritis
 - b. Migraine
 - c. Irregular menstrual cycle
 - d. Arthritis
5. Mahamrutyunjay mantra is a part of which advanced practice
 - a. MIRT
 - b. MEMT
 - c. MSRT
 - d. VISAK
6. How many bandhas and mudras are mentioned in hatha yoga pradipika
 - a. 7
 - b. 8
 - c. 4
 - d. 10
7. Which of the following is otherwise called "stress born disease"?
 - a. Adhija vyadhi
 - b. Anadhija vyadhi
 - c. Amadhija vyadhi
 - d. None of the above
8. In Hatha Yoga the mudras are in conjunction with the following:
 - a. Pranayama
 - b. Kriya
 - c. Relaxation Technique
 - d. Meditation
9. Which type of pranayama does sudarshana kriya yoga contains?
 - a. Surya bhedana
 - b. Bhastrika
 - c. Ujjayi
 - d. Both b and c
10. Which of the following are called as King of Kriyas according to traditional text?
 - a. Antar Dhouti
 - b. Nauli
 - c. Vamana Dhouti
 - d. Kapalabhati

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

11. Define stress according to yoga
12. What is kumbhaka. Physiological effect of kumbhaka on human body.
13. Write down the aims and objectives of treating IBS through IAYT
14. Explain the objective and starting prayer of MSRT.
15. Mention 5 practices should be given to Ankylosing Spondylosis.
16. Concept of Health and Disease according to Yoga.
17. Indications for the practice of Vamana dhauti
18. Physiological effect of Neti in sinusitis.
19. Yoga therapy for Obesity.
20. Rules and regulations for the practice of Shatkarmas.
21. Importance of warm-up and stretching Exercises.
22. Write down the steps of MIRT

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

23. What is Dysmenorrhea. Provide a detailed overview on management through IAYT
24. Briefly explain about 3 advanced techniques
25. Yoga Chair Breathing
26. Model lesson planning for students below the age of 15 years
27. Explain the various stages of development of stress disorders
28. Write in detail about Pranic healing
29. Management of APD through yoga
30. Role of Yogic Counselling in treating patients with yoga

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

31. What is RA. Explain the Pathophysiology and Diagnostic Criteria for the same. Give A detailed overview of management through Yoga Therapy
32. Explain in detail the classification and pathogenesis of yoga according to Yoga.
33. How do you manage gynaecological disorders through Yoga and justify?