

**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:** Counselling  
**Sem Period:** March, 2024 – July, 2024  
**Date:** 17.07.2024  
**Examination Mode:** Regular

**Semester:** 2<sup>nd</sup> Semester  
**Subject Code:** MDYT 202  
**Batch:** August, 2023  
**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. Reinforcement
2. Transference
3. Empathy in counseling
4. Logo therapy
5. Repression
6. Id, ego and superego
7. Defense mechanism
8. Mind according modern psychology.
9. Compassion fatigue
10. Differentiate between Dharana and Dhyana.
11. Big five-factor personality traits.
12. Catharsis

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

**08 \*05 =40 Marks**

13. Describe panchakosha concept in light of yogic counseling.
14. Describe the technique of chitta shuddhi.
15. Describe the technique of Indriya shuddhi.
16. Explain about the role of defense mechanisms in behaviour.
17. Comparison of logotherapy with the Indian Psychology
18. What are the difficulties of a professional counsellor?
19. What are the goals and basic elements of cognitive therapies such as cognitive-behavioural therapy and rational-emotive behaviour therapy?
20. How do behaviour therapists use classical and operant conditioning to treat disordered behaviour?

21. Explain about congenital diseases and the role of yogic counseling. What are the problems due to Heredity? How do you manage through Yogic Counseling?
22. Explain four key elements necessary in any successful person-therapist relationship

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

**04\* 10 =40 Marks**

23. Briefly explain the various psychological therapies.
24. Riya, a 25-year-old woman, has recently experienced a traumatic event where she witnessed a serious car accident involving close friends. Since then, Riya has been experiencing flashbacks, nightmares, and avoidance behaviours related to driving. Propose a trauma-focused intervention plan for Riya. Include specific therapeutic techniques or approaches that would be beneficial in addressing her symptoms.
25. Explain the role of kriyas in yogic counseling.
26. Sachin and Priya have been married for five years. They both have demanding careers, which often result in long work hours and frequent business trips. Lately, they have been arguing about the division of household responsibilities and lack of quality time together. Priya feels overwhelmed by managing most of the household chores and childcare, while Sachin feels frustrated that his efforts to provide for the family are not fully appreciated. Mention the approaches that would be effective in improving their communication and resolving their conflicts.
27. Elaborate the key elements of Shuddhi Prakriya and its role in conventional psychotherapy
28. Vishal, a 30-year-old man, has recently lost his job due to company downsizing. He has been feeling increasingly hopeless, experiencing insomnia, and has lost interest in activities he used to enjoy. Vishal decides to seek counseling for help. Propose an intervention plan for Vishal that focuses on treating his depression. Include specific therapeutic techniques or approaches that would be effective in helping Vishal regain motivation and cope with his current situation

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**Program:** MD (Yoga )  
**Subject Name:** Physiological Effect of Yoga  
**Sem Period:** March, 2024 – July, 2024  
**Date:** 22.07.2024  
**Examination Mode:** Regular

**Semester:** 2<sup>nd</sup> Semester  
**Subject Code:** MDYT 206  
**Batch:** August, 2023  
**Time:** 09.45 am to 12.45 pm  
**Max. Marks:** 100

**General Instructions:**

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

**10 \*02 =20 Marks**

1. Allostatic Load
2. Physiological benefits of Meditation
3. Hypertension and kapalbhati
4. Physiological Hibernation
5. Role of saline water in kriyas
6. Categories of pranayama
7. GABA
8. Anisara kriya
9. Jalandhar Bandha
10. Upapranas
11. Ashta kumbhakas
12. Dopamine

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

**08 \*05 =40 Marks**

13. Pathophysiology of disease according to yoga philosophy
14. Describe in brief effect of breathing exercises on pulmonary functions
15. What is the difference between Meditation and sleep? How do you think yoga helps in clearing toxins from the brain?
16. Explain the mechanism of action of Kunjala kriya and how it affects different systems of the body.
17. Explain the Gut-brain axis and how it is relevant in maintaining health
18. Explain how Vipareetakarani acts on the aging process as per ancient texts.
19. How do you correlate yogic and modern pathophysiology of disease?
20. Explain the role of Kapalbhati in obesity with the mechanism of action.
21. Elaborate the concept of prana, its types and functions
22. Explain the different types of Dhauti as mentioned in ancient texts

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

**04\* 10 =40 Marks**

23. Explain about HRV. Explain with evidence the effect of yoga on HRV. List out specific yoga practices in managing Hypertension with rationale.
24. List out specific yoga practices for type 2 Diabetes Mellitus. Explain the mechanism of each with relevant scientific evidence
25. Does yoga practice improve immunity? If yes, then justify with scientific evidence. Explain how yoga works in autoimmune diseases.
26. Bronchial Asthma. Its types and pathophysiology. Justify the yoga practices with relevant scientific evidence
27. Mention the types of back pain and mention their causes. List out specific yoga practices for back pain with mechanisms and give relevant evidence?
28. Explain in detail how yoga practices work in managing metabolic disorders with evidence?



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**Program:** MD (Yoga )  
**Subject Name:** Research Communication & Publication Ethics  
**Sem Period:** March, 2024 – July, 2024  
**Date:** 19.07.2024  
**Examination Mode:** Regular

**Semester:** 2<sup>nd</sup> Semester  
**Subject Code:** MDYT 205  
**Batch:** August, 2023  
**Time:** 09.45 am to 12.45 pm  
**Max. Marks:** 100

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

**10 \*02 =20 Marks**

1. Define financial conflict of interest in research ethics
2. Define Publication Ethics
3. List out the 3 major types of research misconduct
4. Define the term data fabrication
5. List out the major committees on Publication Ethics
6. Define plagiarism
7. Expand COPE
8. What is open access research
9. Define Impact factor
10. Expand WAME.
11. Define the term data falsification.
12. Define H-index

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

**08 \*05 =40 Marks**

13. Elaborate on any 2 major principals of research ethics
14. What are the benefits of open access in publication?
15. What are potential conflicts of interest that can arise in the publication process?
16. How can journals manage conflicts of interest to ensure unbiased editorial decisions?
17. What are the 4 criteria to define authorship?
18. Write a note on Timeliness in peer review.
19. How can the costs of open access publishing be made more equitable and accessible for researchers in developing countries?
20. What are the features of Gold Open access?
21. Write a note on UGC guidelines on research publication and thesis
22. How is diamond open access: a challenge in sustainability

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

**04\* 10 =40 Marks**

23. Write a note on key features of Drill Bit. Write a note on UGC guidelines on research publication and thesis
24. What are the core categories of research misconduct (fabrication, falsification, plagiarism)?
25. What are the ethical implications of ghost authorship? How can editors identify and address potential authorship disputes?
26. How can universities and institutions promote academic integrity and responsible research practices?
27. What are the different funding models used to support open access publishing (e.g., article processing charges, institutional repositories)?
28. What are the ethical considerations for conducting research involving human subjects? How should informed consent be obtained from research participants? What steps should editors take if they suspect ethical violations in the research methods described in a manuscript?



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**Program:** MD (Yoga )  
**Subject Name:** Srimad Bhagavad Gita  
**Sem Period:** March, 2024 – July, 2024  
**Date:** 15.07.2024  
**Examination Mode:** Regular

**Semester:** 2<sup>nd</sup> Semester  
**Subject Code:** MDYT 203  
**Batch:** August, 2023  
**Time:** 09.45 am to 12.45 pm  
**Max. Marks:** 100

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

**10 \*02 =20 Marks**

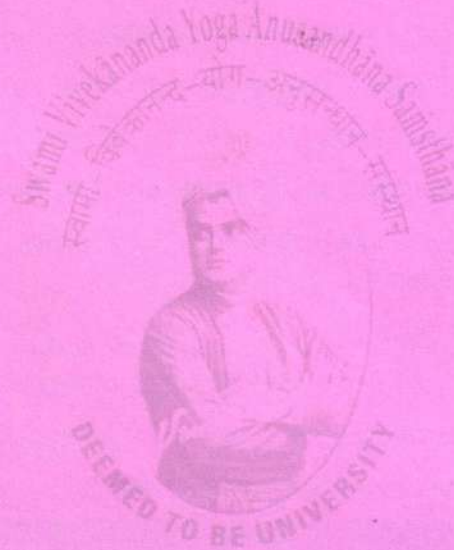
1. What are the bases of the enemies of life?
2. What is the thought arising in the mind of Arjuna after seeing the opposition camp?
3. What is the basis of Chatur-varnyam, as explained by the lord?
4. What should be the purpose of any action as per lord?
5. What is brahman and Adhyatma?
6. What are the 'Aasuri sampat' or demonic qualities mentioned by the lord?
7. What is lord Krishna asking Arjuna do with the advices that he had given?
8. How do the people of demonic nature acts?
9. What is Karma and Adhiyajna?
10. What are the difficulties listed by Arjuna in practicing meditation?
11. What is the indirect meaning of the blindness of Dhritarashtra?
12. What kind of food does a Rajasika person prefers?

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

**08 \*05 =40 Marks**

13. In what context did '*analogy of cloth*' is used by Bhagavan and what should we understand from that?
14. Who is a mithyachari (hypocrite) and who is a karma yogi?
15. How should one do self-upliftment according to Bhagavan. Briefly describe
16. What is the method of worship and attitude of a devotee, as explained by the lord?
17. Explain the details of Kshetra.
18. What is the conclusion of Sanjaya after hearing the long conversation between lord Krishna and Arjuna?
19. What is Sannyasa and what is Tyaga (Karma yoga)?
20. What is Adhibhūtaṁ, Adhidaiva, and Adhyatma according to lord Krishna
21. Briefly explain the dejection and retirement of Arjuna
22. What is the concept of Svadharma?

23. Explain in details the counselling given by lord Krishna to Arjuna, when he was reluctant to engage in the battle
24. What are the different varieties of yajna undertaken by human beings, as explained by Bhagavan
25. What is the definition of yoga as given in the 6<sup>th</sup> chapter? What are the ways of practicing such yoga and what are the results of such practice as listed by lord Krishna?
26. Explain the para and apara-prakruti aspects of Bhagavan as explained in the 7<sup>th</sup> chapter
27. What are the characteristics of those who have gone beyond the tri-guṇas, how do they act? How do they go beyond the bondage of the guṇas?
28. What is considered as Satvika, Rajasika and Tamasika yajna? And what is considered as Satvika, Rajasika and Tamasika tapas?



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

**Semester:** 2<sup>nd</sup> Semester  
**Subject Code:** MDYT 201  
**Batch:** August, 2023  
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**Short Notes (Attempt any Ten) – 2 Marks for each Question**

**10 \*02 =20 Marks**

1. Mention hormones secreted by pituitary Glands.
2. Which cells are responsible for formation of myelin sheath?
3. Mention any 2 special tests for MND
4. Jaw jerk reflex and Indications
5. Mention four clinical features of encephalitis
6. What is Addison's disease?
7. Mention the criteria for Metabolic Syndrome
8. Difference between tension headache and migraine
9. Classification of scores in GGCS
10. Prominent feature of Parkinson's Disease
11. What is a transient ischemic attack (TIA)?
12. Webers Test

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

**08 \*05 =40 Marks**

13. Difference between UMN and LMN lesions
14. Mention types of diabetes with its etiology
15. Different types of neurotransmitters and their functions?
16. Pathophysiology of Alzheimer's disease
17. Write the etiopathogenesis of Hashimoto's Thyroiditis
18. Describe the role of rehabilitation in stroke recovery?
19. Etiology and clinical features of Neuroblastoma
20. Accessory Nerve Examination
21. Dementia and its types
22. What is a cerebrovascular accident (CVA)? What are the two main types of strokes and also explain the difference?

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

**04\* 10 =40 Marks**

23. Oxytocin - Mention about source of secretion, action of oxytocin in female and male. Add note on milk let down reflex
24. Epilepsy - Etio-Pathogenesis, types, clinical features, investigations. How IAYT will help in epilepsy?
25. Meningitis - Definition, pathophysiology, clinical features, and investigations. Add a note on IAYT for meningitis with relevant scientific evidence.
26. Can a stroke be prevented? If yes, what preventive measures are recommended? Does Yoga play any role in prevention?
27. Addison disease- Clinical features, investigations, and yoga protocol for the disease with relevant scientific evidence
28. Cushing syndrome - Etiopathogenesis, clinical features, investigations. Add note on IAYT for Cushing syndrome?

