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

Program: MSc (Yoga Therapy)
Subject Name: Biomechanics of Asanas
Sem Period: March, 2024 – July, 2024
Date: 27.07.2024
Examination Mode: Back Paper

Semester: 3rd Semester
Subject Code: MSYTAECC 308
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 Biomechanics. Mention the branches of Biomechanics.
2. Define inertia. What is friction?
3. Name the different joints of ankle
4. What is the Q angle of knee joint and how is it measured?
5. What is a motor unit?
6. Define PNF
7. Define cells. What are the types of cells?
8. What is active and passive muscle tension?
9. Define ergonomics.
10. What are agonists and antagonists?
11. What is the resting position of glenoid fossa and head of the humerus?
12. What are speed, velocity and acceleration?

Short Essay (Attempt any Eight) – 5 Marks for each Question **08 *05 =40 Marks**

13. What are tensile and compressive forces? Explain with examples
14. Explain briefly the general principles of connective tissues
15. How does ageing affect elbow joint?
16. What are the different types of muscle contraction? Explain with an example
17. Explain biomechanics of Vrukshasana.
18. How is yoga therapy beneficial in low back ache?
19. Explain the importance of Electromyography
20. Name the ligaments of vertebral column and mention their functions
21. Explain the techniques of yoga in Gullian Barre Syndrome
22. Briefly explain Newton's laws of motion

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

23. What is a lever? Explain the different classes of levers in the human body with examples?

24. Explain the kinetics and kinematics of thorax?

25. What are the effects of immobilization, injury and aging on muscles?

26. Explain in detail the techniques of yoga for Parkinson's disease?

27. What is range of motion? What are the different types of range of motion? How do you measure range of motion?

28. Explain the biomechanics of hip joint.?

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Program: MSc (Yoga Therapy)
Subject Name: Dietetics & Nutrition
Sem Period: March, 2024 – July, 2024
Date: 27.07.2024
Examination Mode: Back Paper

Semester: 3rd Semester
Subject Code: MSYTAECC 308
Batch: August, 2022
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. What is food science?
2. What is metabolism?
3. What is BMI?
4. Explain the dietary rule for DM
5. What is a balanced diet?
6. What is catabolism?
7. Name any two immunological factors of mother's milk
8. What is colostrum? Give any two significances for the same.
9. Name any two iron rich foods.
10. What is weaning?
11. What are ICMR four food groups?
12. What is BMR?

Short Essay (Attempt any Eight) – 5 Marks for each Question **08 *05 =40 Marks**

13. Draw the structure of food pyramid and explain.
14. Classify fiber and explain its functions in the body.
15. What are anthropometric measurements?
16. What are the etiologies of obesity?
17. Explain the dietary guidelines for a lactating mother?
18. Explain the dietary changes for diabetic person.
19. Explain the functions of protein in human
20. Explain the dietary modifications for school going children.
21. What are the points to be considered for weaning?
22. What are anthropometric measurements?

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

23. Explain the dietary changes which you have to adopt for GI patients

24. Explain the dietary changes which you have to adopt for the following.

a. Cancer **b.** Iron deficiency anaemia

25. Explain the nutritional importance during pregnancy

26. Explain the dietary changes which you have to adopt for obesity people.

27. Explain in detail about any two macro nutrients under the following

a. sources and **b.** significance.

28. Explain the dietary changes which you have to adopt for renal disorders.

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

Program: MSc (Yoga Therapy)
Subject Name: Integrative Medicine Model
Sem Period: March, 2024 – July, 2024
Date: 25.07.2024
Examination Mode: Back Paper

Semester: 3rd Semester
Subject Code: MSYTT 302
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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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 the term "Ayurveda" and mention it's branches
2. Mention six tastes and six seasons
3. Definition of Ama.
4. Define Chikitsa and its importance
5. What are Tridosha and its functions?
6. What is Panchakarma?
7. What is fasting Therapy
8. Contraindication of Sauna bath
9. What are the benefits of Mud therapy?
10. What is colour therapy
11. What are the benefits of therapeutic massage?
12. Indication of Reflexology

Short Essay (Attempt any Eight) – 5 Marks for each Question **08 *05 =40 Marks**

13. What is Agni? Explain the types in detail.
14. What do you understand by Agryasangraha?
15. Give the salient features of kapha prakriti and explain its types
16. What are the qualities of a Bhishag and upastha?
17. What is Pragnyaparadha and its influence on the constitution of an individual.
18. Ancient and Modern history of Naturopathy
19. Aromatherapy and its benefits.
20. Note on Action and reaction in hydrotherapy
21. Acupressure and its benefits.
22. What are the Contraindications of Acupuncture?

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

23. What are the mental doshas and how is it affecting the body? Write relation between shareerika doshas and PMB

24. Explain ritucharya in detail.

25. What is Chikitsachatushpada and write the importance of efficacy of drug collection and their preservation.

26. What is basic of naturopathy and note on its principles in a brief.

27. Write a Note on Meridian theory.

28. Elaborate naturopathy diet and its benefits.

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Program: MSc (Yoga Therapy)
Subject Name: Yogic Counselling
Sem Period: March, 2024 – July, 2024
Date: 24.07.2024
Examination Mode: Back Paper

Semester: 3rd Semester
Subject Code: MSYTT 301
Batch: August, 2022
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. What is Adhija vyadhi? Give one example
2. What is moksha?
3. What is the benefit one gets by following sathya as a mahavratam?
4. Write about hypersensitivity
5. What are the limitations of modern psychology?
6. What is pratyahara?
7. Write any four Long-term goals of counseling.
8. What is the knowledge that is required for a counselor for doing yogic counseling?
9. What do you mean by an emotion?
10. Differentiate between Dharana and Dhyana.
11. What is distress and what is eustress?
12. Write any two short time objectives of Yogic counselling?

Short Essay (Attempt any Eight) – 5 Marks for each Question **08 *05 =40 Marks**

13. List Yamas and also mention the benefits one gets by following each one of them as a mahavratam.
14. Explain the role of Kriyas in yogic Counseling
15. Write the principle of yogic counseling to problems due to psychological conflicts
16. Describe the techniques for Indriya Shudhi.
17. What do you mean by Notional correction? Explain with an example.
18. When should the counsellor refer the case to the psychiatrist
19. Explain the short-term goals of counselling in detailed.
20. List the qualities of a yogic counselor
21. How do you counsel the participant and convince to convert intelligence into Jnana Yoga?
22. What is the role of yogic counselling in yoga therapy?

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

23. Write the role of Snayu shudhi (asana) and pranashudhi (prana yama) in treatment of disease through Yogic counseling in Yogic Management.

24. What is Pratyahara? Mention at least 2 techniques of Pratyahara. Mention the Role of pratyahara in yogic counseling

25. What is Hyper sensitivity? Mention names of any 2 diseases due to Hyper sensitivity. Write the principle of yogic counselling that will be used for hyper sensitivity.

26. Please write the dialogue between the counselor and the counselee for the following case. A student of MSc approaches the counselor. He says "I am from a village. I feel I am not able to adjust with my classmates, especially girls from big cities who are very active. I feel shy and hesitant to talk to them or discuss even the subject matters freely with them. But I need to do that as a part of my course for group presentations." Please help me out.

27. Please write the dialogue between the counselor and the counselee for the following case. A student of MSc approaches the counselor. She says"I was always first in my class from my school days. But now with lot of interest I came for this yoga course. But here I am not getting 1st. May be I am in 10th or 15th place most of the time. I started studying more. I feel I study more and I get lesser marks here. What should I do if I want to come first." I can't even imagine this situation that I am not the class first.

28. Explain the principle of yogic counseling for congenital problems. List any two congenital problems.