

Printing Pages : 2

Paper Code : BNYS-401 B (SVSU:2021-22/S)

Enrollment No.														
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B.N.Y.S

FINAL EXAM YEAR EXAMINATION

NUTRITION, DIETETICS AND HERBOLOGY

[Total Time – 3:00 Hours]

[Max. Marks : 70]

- I Long Question: Answer Any Two** [10 x 2 = 20]
- Write in detail about Diet for physical labor and Mental work.
 - Dietary management for Obesity patients.
 - Explain about Value of food ingredients commonly used in India.
- II Short Question: Answer Any Six** [6 x 5 = 30]
- Write about Food fortification .
 - Food adulteration and consumer protection
 - Explain types of vitamin with sources.
 - Difference Between Organic and Inorganic foods
 - Explain Vegetarianism.
 - Explain Balanced Diet for sports person.
 - Write about Geriatric dietary management.
 - Write Physio pharmacology of Anti-inflammatory foods
- III Very Short Answers: Answer All Question** [2 x 6 = 12]
- Write about indication Curcuma longa .
 - What is the health benefit of having honey ?
 - What do you mean by the term Food allergy
 - Define Nutritional therapy
 - Write sources of fibre-rich foods?
 - Write about Indication of Beet root ?

IV Objectives MCQ's: Answer All Question

[1 x 8 = 8]

A. Pulses are deficient in

- a. Methionine b. Lysine c. Leucine d. Valine

B. Pellagra is indicated by the three Ds

- a. Diarrhoea, Dengue, Dermatitis b. Dengue, Dementia depression
c. Diarrhoea, Dermatitis, Dementia d. None of the above

C. Body needs vitamins and minerals because

- a. they give the body energy
b. they help carry out metabolic reactions
c. they insulate the body's organs
d. they withdraw heat from the body

D. Body mass index is:

- a. Weight (kg)/height (m) b. Weight (kg)/height (m)²

C. Weight (kg)/height (m)³ d. None of the above

E. Women planning to conceive should avoid:

- a. Excessive caffeine b. Excessive vitamin A
c. Unpasteurised milk and cheese d. All of the above

F. A method of cooking in which most of the heat transfer is by conduction is:

- a. deep fat frying b. shallow frying c. grilling d. roasting

G. Rickets may arise in children that do not receive sufficient

- a. vitamin A b. Vitamin B Group c. Vitamin C d. Vitamin D

H. RDA of Folate for Pregnant women

- a. 500 microgram b. 400 microgram
c. 550 microgram d. 600 microgram

COURSE NAME: B.N.Y.S
4th YEAR EXAMINATION
Subject Name (Yoga Therapy)
BNYS 403

[Time: 3:00 Hours]

[Max. Marks: 70]

I Long Question: Answer Any Two

[2×10=20]

1. Explain in detail the steps of Cyclic meditation.
2. Explain in detail about Trataka practice.
3. Elaborate on the practice of Sudarshan Kriya Yoga (SKY). Mention important health benefits of SKY practice.

II. Short Question: Answer Any Five

[5×6=30]

1. What is Integrated Approach of Yoga Therapy (IAYT) for Sinusitis.
2. What are the precautions to be taken while teaching Yoga to Children?
3. Write about the indication and contraindication of Laghu-shankhaprakshalana.
4. What is importance of prayer in yoga practices?
5. What are dissociative disorders?
6. Write a short note on Bipasyana meditation.
7. Enumerate the meditative poses in Hatha yoga. Explain one in detail?

III. Very Short Question: Answer All Questions

[10×2=20]

1. Write down the meaning of the mantra used in Mind Sound Resonance Techniques.
2. What is Agni mudra?
3. What is Hasya (Laughter) Yoga?
4. What is the importance of "Shravana" in yoga psychology?
5. What is jalandhar bandha?
6. Who is an Arhat?
7. Name few Audio-Visual aids used in yogic teaching.
8. What is satvik aahara in yoga therapy?
9. What is a symposium?
10. What is Bhrumadhya drishti?

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Paper Code : BNYS-404 C (SVSU:2021-22/S)

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B.N.Y.S

FINAL EXAM YEAR EXAMINATION

Subject Name:- Hydrotherapy I (BNYS-404)

[Total Time – 3:00 Hours]

[Max. Marks : 70]

I Long Question: Answer Any Two

[10 x 2 = 20]

- a. Write a note on history of hydrotherapy.
- b. Define hydrotherapy. Add a note on physical & chemical properties of water.
- c. Write in detail about anatomy & physiology of skin.

II Short Question: Answer Any six

[6 x 5 = 30]

- a. Effect of Hot and Cold over Reflex areas.
- b. Explain the heat regulation in detail.
- c. Physiological effect of cold upon skin and respiration.
- d. Condition that encourage and discourage reaction.
- e. Importance of water to human.
- f. Define reaction, its types with modification.
- g. Condition that decrease the heat production.
- h. Physiological effect of cold upon the blood and nutrition.

III Very Short Answers: Answer All Question

[2 x 6 = 12]

- a. Contribution of J.H Kellog in hydrotherapy.
- b. Contra Indications for cold application.
- c. Contribution of cullen in hydrotherapy.
- d. Classify the Temperatures.
- e. What is incomplete reaction?
- f. Magnesium Sulphate.

IV Objectives MCQ's: Answer All Question

[1 x 8 = 8]

A.Boiling point of water is.

- a.100° F b.212° F c.200° F d.210° F

B.Instrument used to measure temperature.

- a. Calorimeter b. Thermometer c. Barometer d. Udometer

C.Shivering is due to an involuntary action of the.

- a. Involuntary muscle b. Voluntary muscle
c. Skeletal muscle d. Smooth muscle

D.The reflex area of the uterus.

- a. inner surface of the thighs b. Breast
c. Plantar region d. All the above

E.Very short cold application produces.

- a. decreased activity of the heart b.increased activity of the heart
c. slow heart action d.moderate activity of the heart

F. What is action?

- a. Immediate effect of hot or cold application
b. After effect of hot or cold application
c. Intermediate effect of the application
d. Series of physiological process

G. Other Name of Epsom Salt is

- a. MgSO₄ b. HCL c. NaCl d. SO₄

H. Cold application increases the

- a. Number of RBC b. Number of WBC
c. Haemoglobin d.All the above

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Paper Code : BNYS-405 A (SVSU:2021-22/S)

Enrollment No.														
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B.N.Y.S-4th YEAR

FINAL EXAMINATION

Subject Name:- Hydrotherapy II (BNYS-405)

[Total Time – 3:00 Hours]

[Max. Marks : 70]

I Long Question: Answer Any Two [10 x 2 = 20]

- Importance of water drinking at different temperature.
- Write the physiological effects, therapeutic effects and contra indication of Russian and Turkish bath.
- Write the classification of hydriatic effects and explain in detail about the secondary excitant effects.

II Short Question: Answer Any six [6 x 5 = 30]

- Poultice and its types.
- Hydriatic prescription for hypertension.
- Types and preparation of mud bath.
- Explain steam bath.Role of facial steam inhalation in Covid-19.
- Full Immersion bath.
- Hydrotherapy and mud therapy for constipation.
- Intra uterine irrigation and its effects.
- Explain Precordial Compress.

III Very Short Answers: Answer All Question [2 x 6 = 12]

- Mustard fomentation
- Define primary excitant effect
- Properties of mud.
- Anti thermic effects.
- Oscillatory reaction.
- Cosmetic uses of mud.

IV Objectives MCQ's: Answer All Question

[1 x 8 = 8]

A. Treating disease by application of mud directly or indirectly is called.

- a. Hydrotherapy b. Pool therapy
- c. Mud therapy d. None of above

B. Graduated bath is given by which of the following methods

- a. Ziemssen's method b. Bouchard's method
- c. Both a and b d. None of above

C. Temperature of Russian bath.

- a. 115-120 degree c b. 115-120 degree f
- c. 150-160 degree f d. None of above

D. G-H pack is prescribed for the patients of

- a. Diabetes b. Arthritis c. Tumor d. Mental illness

E. Hydratic effects which stimulates the perspiratory function of skin and are obtained by various means which are capable of raising the body temperature is

- a. sudorific effects b. Excitant effect
- c. Sedative effect d. None of above

F. Types of arthritis

- a. Psoriatic b. Idiopathic c. Psoriatic d. All of these

G. Changes due to old age.

- a. Decrease muscle power b. Infection prone
- c. Mental sluggishness d. All of these

H. Hot arm & foot bath treatment is prescribed for

- a. Insomnia b. Menstrual cramps
- c. Hypertension d. All of these

Printing Pages : 1

Paper Code : BNYS-406 B (SVSU:2021-22/S)

Enrollment No.														
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COURSE NAME: BNYS
4th YEAR SUPPLEMENTRY EXAMINATION
Subject Name: Physiotherapy
Subject code: 406

[Time : 3:00 Hours]

[Max. Marks : 70]

Section A

- I Long Question : Answer Any Two [15×2=30]**
1. Define Gait. Write down the gait cycle & abnormal gait?
 2. Describe fundamental starting position along with muscle work in standing position?
 3. Define Cryotherapy, methods of application & techniques, physiological effects, indications & contraindications?

Section B

[6×5=30]

- II. Short Question: Answer any six**
1. TENS & types
 2. Method of applications & techniques of PWB
 3. Lever with examples body lever
 4. SWD with its indication & contraindication
 5. Posture & types
 6. Joint mobilization
 7. Luminous generator

Section C

[2.5×4=10]

- III. Very short notes: answer any four**
1. Indication and contraindication of IFT
 2. Therapeutic effect of heat
 3. Passive movement
 4. Centre of gravity
 5. Sitting position

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Paper Code : BNYS-407 C (SVSU:2021-22/R)

Enrollment No.														
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COURSE NAME: B.N.Y.S
4th YEAR EXAMINATION
(Holistic Practices of Naturopathy and Yoga)
BNYS-407

[Time: 3:00 Hours]

[Max. Marks: 70]

I Long Question: Answer Any Two

[2×10=20]

1. Write about the characteristic of cancer cells. Staging of Cancer. Role of nutraceutical in cancer management.
2. Difference between folliculitis, fruncle and frunculosis. Write about naturopathic management of frunculosis.
3. What are Acid-Peptic disorders? Write about aim and objectives and Holistic management of APD.

II. Short Question: Answer Any Five

[5×6=30]

1. Write a note on stem cell regeneration through acupuncture.
2. Write briefly about important nursing consideration in post chemo rehabilitation.
3. Sleep cycle and its regulation through Natural methods.
4. Colon hydrotherapy.
5. Management of Uterine fibroids through Naturopathy and Yoga.
6. Differentiate between Osteoarthritis and Rheumatoid arthritis.
7. First aid for Choking.

III. Objectives Question: Answer All Question

[10×2=20]

1. Tinea Sign.
2. Vitiligo.
3. Majisthdai Powder.
4. Aroma therapy.
5. CRAC method.
6. Gurmar
7. Calcaneal Spurr.
8. p-value (level of significance).
9. Health benefits of Omega 3 fatty acids.
10. Role of skin in vitamin D synthesis.

Printing Pages : 2

Paper Code : BNYS-408 C (SVSU:2021-22/R)

Enrollment No.

COURSE NAME: BNYS**4th YEAR EXAMINATION****Subject Name: Hospital Management & Research Methodology****[Time : 3:00 Hours]****[Max. Marks : 70]****I Long Question : Answer Any Three****[10×3=30]**

1. What is plagiarism, how you may eliminate so, and what will be the consequences of plagiarism if proved?
2. Define rape. Discuss the samples preserved during the medico-legal examination of a victim of sexual offenses.
3. Write about the holistic approach to patient management.

II. Short Question: Answer any Five**[5×5=25]**

1. What is bioethics
2. How to write an abstract of a research paper.
3. What you understand by Good Clinical Practice
4. PM Hypostasis
5. Steps for examination of a witness in the court of law
6. Delusions
7. Differentiate between fresh drowning and seawater drowning
8. Write the importance of the cleanliness of the hospital.

III. Objectives Question: Answer All Question [15×1=15]

1. Which one is not a part of the research methodology?
a. Literature survey b. References c. Questionnaire d. Internet
2. Tick odd one out
a. Mean b. Median c. Chi-Square d. Mode
3. Source of Literature Survey
a. Internet b. Pamphlets c. Articles d. Books
4. Not a part of a Synopsis
a. Title b. Results c. Material and methods d. introduction
5. What is the purpose of a research grant/funding?
a. to conduct experiments b. The leisure of the researcher
c. to produce d. increase knowledge
6. Source of funding
a. Government institutes b. Private institutes
c. NGOs d. all of the above
7. Questionnaire is based on
a. Population b. Economy c. Study d. Need of the society

8. Which one is not a problem in OPD?
a. Jumping of appointment b. adequate time for each patient
c. long waiting hours d. rude staff at reception
9. Health promotive activities in OPD should be extended by the following except
a. antenatal clinic b. immunization
c. diet counseling d. surgical facilities
10. The Rig's Ward has all of the mentioned advantages except
a. lack of noise b. Less chance of cross-infection
c. isolation of serious patients d. the deprivation of direct observation
-
11. Which of the following factors does not influence the care of the patient in a ward?
a. clinical facilities b. physical facilities
c. research d. staff efficiency
12. The purpose of the Triage area In the Accident & Trauma Department is
a. Waiting area b. Prioritizing of care
c. On spot treatment d. Life support care
13. The functions of Accident & Trauma do not include
a. Ambulance services b. Urgent clinical care
c. Planned surgical operation d. Triaging of patients
14. Which one is not an advantage of laboratory accreditation?
a. assurance of quality b. confidence of patients
c. high costs d. acceptance in inter-laboratory network
15. Location of Radio-diagnosis should not be
a. Easily accessible to patients b. On Ground floor
c. In center of patient care area d. At one end of floor

Printing Pages : 2

Paper Code : BNYS-409

A

(SVSU:2021-22/S)

Enrollment No.

BNYS

FINAL YEAR EXAMINATION**Psychology and Basic psychiatry****Subject code BNYS 409****[Time : 3:00 Hours]****[Max. Marks : 70]****I Long Question: Answer Any Three****[10×3=30]**

1. Define psychology.Explain methods of observation and case study..

2. Write an essay on different type of personality.

3. Define schizophrenia, subtypes and treatment

II. Short Question: Answer any Five**[5×5=25]**

1. Attention

2. learning

3. reinforcement

4. Types of memory

5. Amnesia

6. Complications of alcoholism

7. Yoga naturopathy treatment for anxiety disorder

8. Clinical features of mania

9. Stress related disorder

10. Types of hallucinations

III. Objectives Question: Answer All Question**[15×1=15]**

1. Schizophrenia is characterized by all except

a. Elation

b. Auditory hallucination

c. Catatonia

d. delusion

2. Schizophrenia with worst prognosis is

a. simple

b. paranoid

c. disorganized

d. catatonic

3. Not a feature of mania is

a. Disorientation

b. Euphoria

c. Suicidal tendencies

d. Pressure of speech

4. Flight of ideas is seen in

a. Mania

b. Schizophrenia

c. Delirium

d. neurosis

5. Psychiatric complications of alcohol dependence are
a. depression b. anxiety c. mania d. suicide
6. Features of alcohol withdrawal are all except
a. hypersomnolence b. hallucination
c. delirium d. delusion
7. Delusion is disorder of
a. perception b. thought c. memory d. judgment
8. A narrow gap that separates the neurons is called
a. Axon tip b. cell body
c. Synaptic cleft d. None of the above
9. Part of the brain that regulates higher level of cognitive and emotional functions is the :
a. Cerebellum b. Cerebrum
c. Limbic system d. None of the above
10. How many chromosomes does a zygote contain
a. 2 b. 23 c. 46 d. 92
11. According to Maslow, which of the following is the highest -order need?
a. Esteem b. Physiological
c. Safety d. Belongingness
12. Opposition of one motive by the other motive results in a:
a. Set b. Habit c. Conflict d. psychosis
13. Specific abilities are measured by:
a. Achievement test b. Aptitude test
c. Intelligence test d. Occupational test
14. Which of the following test is designed to be administered to one person at a time?
a. Group test b. Power test
c. Paper-pencil test d. Individual test
15. When no language is used in an intelligence test it is called ;
a. Performance test b. Non-performance test
c. Verbal test d. Both a and bs