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**COURSE NAME- TATC
YEAR EXAMINATION**

Philosophy of Nature Cure & Basic Etiquettes of a therapist

[Time : 3:00 Hours]

[Max. Marks : 70]

I Long Question : Answer Any Three

[10×3=30]

1. Explain Acute, Chronic and Degenerative Disease?
2. Write in detail about nature cure?
3. Write the basic principles of nature cure?

II. Short Question: Answer any Five

[5×5=25]

1. Describe possible emergency situation?
2. Explain mannerisms of a therapist?
3. Explain Identifying & reporting & Mishaps?
4. Write the philosophy of nature cure?
5. Explain Acute, Chronic and Degenerative Disease?
6. Explain about Basics of Hygiene?
7. Write down basic Etiquettes?

III. Objectives Question: Answer All Question

[15×1=15]

1. Prabhat utheste is a part of _____
2. Basic cause of disease is lowered _____
3. _____ is the father of Indian naturopathy.
4. Accumulation of morbid matter leads to _____
5. According to hygiene " a sound mind is present in _____ "
6. _____ is the basic component of body.
7. Mahatma Gandhi was born on _____
8. Health is normal and _____ vibration.
9. Sukshma sarira is also known as _____
10. In healing crisis there is ascendancy of _____
11. The largest fear is the fear of _____
12. The main cause of disease is _____
13. Earth represents the things that are _____
14. Physical exercise maintains balance between _____ and drainage
15. _____ is the founder of Indian institute of natural therapeutics.

**COURSE NAME:TATC
ANNUAL EXAMINATION****Subject Name: Massage Therapy Techniques****[Time: 3:00 Hours]****[Max. Marks : 70]****I Long Question : Answer Any Three****[10×3=30]**

1. Give a brief description on effects of massage and Indications of massage.
2. Explain in brief about the History of Massage?
3. Write in detail about Movements of massage?

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

1. Define touch, friction and stroking?
2. Define vibration and percussion?
3. Write the effects of massage?
4. Write a short note on Principle of massage.
5. Describe about the rules and regulation Applicable for massage therapist?
6. Give a short description about Types of Massage.
7. Write a short note about movements of massage i.e. Friction, stroking and vibration

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

1. **Massage Therapy is Good for?**
A) Male B) Female C) Both D) None
2. **In Which disease Massage therapy is beneficial**
A) Male B) Female C) Both D) None
3. **Massage Can Reduce?**
A) Swelling B) Redness C) Both D) None
4. **In Pregnancy Massage is use to Reduce?**
A) Swelling B) Pain C) Both D) None
5. **Can we give Massage by Almond oil?**
A) yes B) no C) both D) None
6. **Massage can be given in ?**
A) Digestive problems B) Liver problems C) yes D) both
7. **We can give massage in?**
A) Skin Infection B) itching C) wound D) None
8. **Friction, percussion and vibration are techniques that**
A) stimulate B) relax C) strengthen D) weaken
9. **Head massage is Contraindicated in?**
A) Migraine B) Headache C) Muscular Pain D) Intoxication
10. **Which is not a physical effect of massage?**
A) increase blood flow B) increase nutrition to tissues
C) removes waste products D) induce in duration
11. **The word Massage is derived from geek word?**
A) Maschin B) Massein C) Mazin D) None

12. Massage Can Reduce?
A) Stress B) Swelling C) Anxiety D) All
13. Massage Therapy is Good for?
A) Male B) Female C) Both D) None
14. Massage Can Reduce?
A) weight B) fat C) Both D) None
15. In Which disease Massage therapy is beneficial ?
A) obesity B) sciatica C) Both D) None

Printing Pages : 2

Paper Code :TATC-103 A (SVSU:2021-22/R)

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TATC

YEARLY EXAMINATION

Subject Name:- HYDROTHERAPY & MUD THERAPY TECHNIQUES
(TATC-103)

[Total Time – 3:00 Hours]

[Max. Marks : 70]

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

- Describe about how mud is prepared for therapeutic application
- Describe precautions, indications and contraindications of hydrotherapy.
- Describe hot mud application and its preparation.

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

- Write a brief note on - Hip Bath with varying temperature based on classification.
- Write a brief note on - Immersion bath with varying temperature based on classification.
- Write a brief note on - Spinal bath with varying temperature based on classification.
- Write a brief note on - Mud bath
- Write a brief note on physiological effect of cold water.
- Write a brief note on abdominal mud pack
- Write a brief note on indications & contraindications of mud therapy
- Write a brief note on procedure of preparing a mud pack.

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

- Describe Sitz bath
- Describe properties of mud
- Describe eye pack with its indications
- Enlist different temperature & forms of water used in hydrotherapy
- Describe gastro hepatic pack
- Write five properties of water

IV Objectives MCQ's: Answer All Question

[1 x 8 = 8]

A. What nutrients are present in mud?

- a. Zinc b. Copper c. Magnesium d. All

B. Which phase of reaction is firstly happen?

- a. Circulatory b. Essential oil

- c. Cryotherapy d. Paraffin bath

C. How Does the body react to cold water?

- a. Muscle spasm b. Decrease body temperature

- c. Increase body temperature d. All of the Above

D. Which of the following is a Hydrotherapeutic treatments?

- a. Foot bath b. Steam bath c. Arm bath d. All

E. How hydrotherapy helps in emergency cases?

- a. Pain Relief b. Increased Circulation c. Both a, b d. None

F. How effective of hydrotherapy is?

- a. increase your strength & Flexibility

- b. Decrease your Strength & Flexibility

- c. Increase Pain

- d. None

G. Can we give mud pack in irritation of eyes?

- a. Yes b. No

- c. Causes irritation d. Causes inflammation

H. What is the property of mud?

- a. Viscosity b. Density c. Both d. None

Printing Pages : 2

Paper Code :TATC-104 A (SVSU:2021-22/R)

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COURSE NAME-TATC

Yearly EXAMINATION

Subject Name- Fasting Therapy, Diet and Nutrition

[Time : 3:00 Hours]

[Max. Marks : 70]

I Long Question : Answer Any Three

[10×3=30]

1. Explain in detail about fibre sources with examples and write 5 benefits of fibre.
2. Explain the definition of fasting and types of fasting.
3. Discuss in brief about Raw diet – fruits and salads.
4. Explain the healing and disease crisis during fasting.
5. How to break fast according to naturopathy and write about effect of fasting.

II. Short Question: Answer any Five

[5×5=25]

1. Explain the therapeutic indication of fasting.
2. What do you understand by the term of sprouts and give any two example of sprouts?
3. Write a short note on rajsik diet?
4. Describe the procedures of fasting.
5. Discuss in short about constructive diet.
6. Explain the importance of fasting according to naturopathy.
7. Write a short note on religious fasting?
8. Write a short note on soothing diet?
9. Write any 6 sources of fibre?
10. Describe the healing crisis during fasting.

III. Objectives Question: Answer All Question

[15×1=15]

1. A substance needed by the body for growth Energy repair and maintenance is called is?
a) Nutrient b) fatty acid c) Carbohydrate d) Calorie
2. Your body needs vitamins and minerals because?
a) They give energy b) They Insulate organs
c) They help carryout d) None metabolic reactions
3. Which is rich in vitamin c
a) lemon b) tea c) water d)none
4. How many types of diet?
a)6 b)4 c)3 d)1

5. What is the fibers sources?
a) Beans b) Whole grain c) Brown rice d) all
6. What is Raw diet
a) salad b) sprouts c) fruits d) All
7. What is necessary during fasting?
a) Stay hydrated b) rest c) both of above d) none
8. Balanced diet is suitable for?
a) Growing Children b) old person
c) Pregnant women d) all above
9. What is good food?
a) salad b) fruits c) green veggies d) all of above
10. What is tamasic diet?
a) Alcohol b) honey c) nuts d) salt
11. Which is the symptoms of healing crisis?
a) Pain b) chronic disease c) all of above d) none
12. What is the best foods to eat after fasting?
a) Soft cooked food b) oily food c) both of above d) none
13. What is fibres sources?
a) Apple b) pear c) Both of above d) none
14. What is Definition of fasting?
a) Self maintence b) Peace c) Mind control d) none
15. What is the best time for breakfast?
a) 6 to 7am b) 11 to 12 am c) 7 to 9am d)none

Printing Pages : 2

Paper Code :TATC-105

B

(SVSU:2021-22/R)

Enrollment No.

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COURSE NAME- TATC

ANNUAL EXAMINATION

MAGNETO THERAPY & CHROMO THERAPY TECHNIQUES

[Time : 3:00 Hours]

[Max. Marks : 70]

I Long Question :Answer Any Three

[10×3=30]

1. Explain different methods of Sun baths, indications, and contraindications.
2. Write the properties of magnets and explain the method of application.
3. Write the properties of magnets and explain the methods of application.

II. Short Question: Answer any Five

[5×5=25]

1. Write Five benefits of Athapasnana sun bath.
2. Write five benefits of north pole.
3. Explain the effect of sunbath on children.
4. Write contraindications of the south pole.
5. Write five benefits of red color.
6. Write five benefits of orange color.
7. Write five benefits of south pole.

III. Objectives Question: Answer All Question

[15×1=15]

1. Which color is indicated for asthma
(a) red (b) orange (C) both (d) none
2. Sun bath is indicated for
(a) children (b) pregnant women (c) old age people (d) all
3. Sunstroke damages
(a) brain (b) kidneys (C) muscles (d) all
4. Which pole of the magnet is useful for fever
(a) south (b) north (c) center (d) none of these

5. Which pole of the magnet is indicated for Joint pain
(a) geographical pole (b) north (c) south (d) all
6. What is the prevention of sun stroke?
(a) stay hydrated (b) drink plenty of fluids
(c) drink plenty fluids (d) all
7. The over-exposure to sun may cause the
(a) premature aging (b) wrinkling
(c) skin cancer (d) all
8. Which color is useful for indigestion?
(a) Orange (b) blue (c) green (d) white
9. The over-exposure to cold may cause the
(a) premature aging (b) wrinkling (c) skin cancer (d) none
10. Heliotherapy is also known as
(a) solar therapy (b) photo therapy (c) both (d) none
11. Sun bath is not indicated for
(a) Hypertension (b) pregnant women
(c) old age people (d) none
12. Which color is warm color?
(a) Blue (b) purple (c) red (d) green
13. Orange color is the composition of
(a) Red & yellow (b) blue & yellow (c) blue & red (d) none
14. Which pole of the magnet is indicated for Acidity
(a) South (b) north (c) center (d) none of these
15. Which color is useful for sinusitis?
(a) Violet (b) blue (c) red (d) indigo

Printing Pages : 2

Paper Code :TATC-106 C (SVSU:2021-22/R)

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T.A.T.C

Yearly EXAMINATION

**Acupuncture Assistance & Acupressure Techniques
TATC-106**

[Total Time – 3:00 Hours]

[Max. Marks : 70]

- I Long Question: Answer All Questions [10 x 2 = 20]**
- Explain in detail about five element theory and organ clock theory.
 - Explain in detail about acupressure and its techniques.
- II Short Question: Answer Any Six [6 x 5 = 30]**
- Describe the zang organs theory in acupuncture.
 - Write about the indication of acupuncture.
 - Write about the history of acupuncture.
 - Describe name of fu organs in acupuncture.
 - Describe the effects of Acupressure?
 - Write a short notes on xi-cleft point.
 - Write about the indication & contraindication of acupressure.
 - Describe yin yang theory.
- III Very Short Answers: Answer All Question [2 x 6 = 12]**
- Describe about the Jin wellpoint.
 - Describe about the different material used in needles.
 - Most common Acupressure point for pain of upper body.
 - Write location and indication of LI 8.
 - Write location and indication of H-7.
 - Write location and indication of ST 21.

IV Objectives MCQ's: Answer All Question

[1 x 8 = 8]

- A. Acupressure help to body energy
a. Decrease b. Reduce c. Open wounds d. Restore
- B. Acupressure helps to improve
a. Cancer b. Broken limb
c. Open wounds d. Sleep
- C. For sujok therapy we can use
a. Seeds b. tiny magnet c. a and b d. non of these
- D. Gate control theory have numbers of gate
a. 3 b. 2 c. 5 d. 4
- E. Acupressure help to reduce
a. stress & anxiety b. digestion
c. excretion d. absorption
- F. Fu organs is also known as
a. Yin organs b. Chi organs
c. None of these d. Yang organs
- G. In five element theory organs represented by fire
a. Heart b. Small intestine
c. triple warmer d. all these
- H.cannot be treated with Acupressure
a. Cancer b. pain c. stiffness d. swelling
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