CENTRAL BHARAT SEVAK SAMAJ

NATIONAL DEVELOPMENT AGENCY, ESTABLISHED IN 1952 BY PLANNING COMMISSION, GOVT. OF INDIA

CENTRAL BOARD OF EXAMINATIONS

BSS NATIONAL VOCATIONAL EDUCATION MISSION

ACS028-BSS ADVANCED DIPLOMA IN ACUPUNCTURE & VARMA

ONE YEAR EXAMINATION NOVEMBER-2025

ACS028-01 VARMANIAM

TIME: 3 Hours **Marks: 100**

INSTRUCTIONS

* 43 questions are there in total
* Write answers to each question in proportion to the mark allotted
* During the first 15 minutes read the questions carefully

I. FILL IN THE BLANKS - ANSWER FOR ANY 10 QUESTIONS **1 x 10 = 10**

1) 1.How many vayus are there?
2) Pranavayu refers to?
3) How many important Nadis are there in varma?
4) Who is the Father of Varma?
5) How many varma points are located in and around the Eyes?
6) No. of Varma points in PaduVarmam.
7) In total how many points are there in VarmaMaruthuvam.
8) Is VarmaMaruthuvam, a drugless therapy? Yes/no
9) VarmaMaruthuvam is a part of _____ Vaidhiyam.
10) How many points are there in Knee portion.
11) What is the other name of Tilarthakaalam?
12) In general how many Naadis are there?
13) Is VarmaMaruthuvam, very ancient? Yes/no
14) Is Varma points and Acupressure points are same? Yes/no.
15) Can Varma treatment cures Head ache? Yes/no.

II. DEFINE THE FOLLOWING - ANSWER FOR ANY 10 QUESTIONS **2 x 10 = 20**

1) Write two major parts of Varmam.
2) Name the Varma points located around the Eyes.
3) Name the Varma points located around the Knee.
4) Name the Varma Knots.
5) Name any 5 Vayus.
6) Classification of Varma.
7) Who is the God of Varma.
8) Name any 4 Manuscripts for Varma.
9) Location and Benefits of PaalaVarmam.
10) Location and Benefits of KondaKollivarmam.
11) Measurements of pressures in Varma.
12) Location and Benefits of NemaVarmam.
13) What is the name of Teachers and Great masters in varmakalai.
14) What is Vaasi.
15) Name any 4 Paduvarma points.

III. WRITE BRIEF ANSWER FOR ANY 5 QUESTIONS **5 x 5 = 25**

1) Classification of Varma points according to the Site.
2) Classification of varma points according to PanjaBoothas.
3) Classification of varma points according to Chakras.
4) Mention any 5 Paduvarma points and its affected organs.
5) Name the varma points located on the Abdomen and mention any two points with their location and benefits.
6) Mention the names of the dasavayus.
7) Mention the name of the important Naadis.
8) Name the varma points located in and around the Head and mention any two points with their location and benefits.

IV. WRITE LONG ANSWER FOR ANY 3 QUESTIONS **15 x 3 = 45**

1) Definition of Varma.
2) Explain in detail about DasaVayu.
3) Explain in detail about the 10 Naadis.
4) Name all the PaduVarmam points and its affected organs.
5) Name any 5 Varma points: Location, Application and Benefits.

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ONE YEAR EXAMINATION NOVEMBER-2025

ACS028-02 SPECIAL THADAVAL MURAI

TIME: 3 Hours **Marks: 100**

INSTRUCTIONS

* 43 questions are there in total
* Write answers to each question in proportion to the mark allotted
* During the first 15 minutes read the questions carefully

I. FILL IN THE BLANKS - ANSWER FOR ANY 10 QUESTIONS **1 x 10 = 10**

1) The Martial Art part of Varmam is called _____

2) The Healing application of Varmam is called _____

3) The Teachers of Varmakalai are called _____

4) The Grand masters are called as _____

5) Varma Therapists are called as _____

6) What is the name of Varmakalai is Ayurveda _____

7) Who is the God of Varma _____

8) What is the name of the Needle Therapy called in Varma _____

9) Name the Chola king who is a great exponent in Varmakalai _____

10) Prithvi Bootha is also called as _____ Element

11) The life energy or Prana is called _____ in Tamil.

12) The circulation of Vaasi is called _____

13) The breadth of the thumb is called _____

14) 10 finger breadth is ca!led as _____

15) 12 finger breadths is ca!led as _____

II. DEFINE THE FOLLOWING - ANSWER FOR ANY 10 QUESTIONS **2 x 10 = 20**

1) List varma non-traumatic disorders (name any 4)
2) Types of pressure.
3) Classification of varma. Name any two.
4) Varma measurements.
5) Write any 10 points in Thodu varmam.
6) Give any 4 varma stimulatory points.
7) Name any 4 head related varma points.
8) Name any 4 abdomen related varma points.
9) Name any 4 eye related varma points.
10) Name any 4 hand related varma points.
11) How many adangal points are there in varma treatment?
12) Name any 4 adangal points.
13) Name any 4 oils used for varma massage.
14) What are the other names of varma. Name any 4.
15) Name the five finger varma name.

III. WRITE BRIEF ANSWER FOR ANY 5 QUESTIONS **5 x 5 = 25**

1) Write the Lineage of Varma.
2) Name all the padu varmams.
3) Give any 4 Head based varma points with location.
4) Give any 4 Spine based varma points with location.
5) Give any 4 Abdomen based varma points with location.
6) Give any 4 Adangal points with location.
7) What is Pancha tattu murai?
8) Name any S Mudras for varma.

IV. WRITE LONG ANSWER FOR ANY 3 QUESTIONS **15 x 3 = 45**

1) Mention the general rules of varma treatment. Mention any 15.
2) Name pancha vayus. Explain in detail.
3) Name the common vasalgal in varma. Explain.
4) Stimulation methods in varma.
5) Name any 5 poetry from Varma beerangi.

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ONE YEAR EXAMINATION NOVEMBER-2025

ACS028-03 ACUPUNCTURE

TIME: 3 Hours **Marks: 100**

INSTRUCTIONS

* 43 questions are there in total
* Write answers to each question in proportion to the mark allotted
* During the first 15 minutes read the questions carefully

I. FILL IN THE BLANKS - ANSWER FOR ANY 10 QUESTIONS **1 x 10 = 10**

1) Who is the Father of Acupuncture?
2) What is the emergency point located in foot?
3) How many points are available in GB meridian?
4) Whether Homeopathy is Drugless therapy?
5) What is the channel start in the sole lower extremity?
6) What is the couple organ of Triple Warmer?
7) What is the end point of Kidney meridian?
8) Which point is called as Heparin point?
9) Point used for treating Nausea?
10) Coupled organ for Lung?
11) What is the Xi-cleft point of pericardium meridian
12) What is AUM?
13) Which meridian looks after teeth and head hair?
14) What is the distal point for head ache?
15) How many points are there in Heart meridian?

II. DEFINE THE FOLLOWING - ANSWER FOR ANY 10 QUESTIONS **2 x 10 = 20**

1) Write six tastes
2) Write the points located around Eye.
3) Write Lung channel: polarity, Related organ, sense organ, number of points.
4) What are five colours related to five elements?
5) Write five elements of Acupuncture.
6) Write the points located in Knee.
7) What are the points located in Leg finger tips?
8) What are the five emotions related to five elements?
9) Write the YIN organs.
10) Write the couple organs of Heart and Kidney.
11) Write the points located in Ankle.
12) What is Cun?
13) Write the location of St 44 and its symptoms to be cured.
14) Explain Emergency points.
15) What are Influential points? Mention them.

III. WRITE BRIEF ANSWER FOR ANY 5 QUESTIONS **5 x 5 = 25**

1) EXPLAIN ABOUT Yin, Yang organs and label them.
2) Write all the Leg channel Polarity, Related organs, Sense organ, No. of points, Elements.
3) Write Spleen channel Five element points and its location.
4) Describe Distal points? Explain it.
5) Write all YIN organs in Hand channel: Polarity, Related organ, Sense organ, No. of points, Element.
6) Explain Liver channel five element point and its location.
7) Explain: Luo - connecting points with 5 examples.
8) What are the points located in and around ringers of Hand and Leg.

IV. WRITE LONG ANSWER FOR ANY 3 QUESTIONS **15 x 3 = 45**

1) Organ Clock - Explain with diagram.
2) Explain Constructive cycle and Destructive cycle with diagram.
3) Write the Five element points of Lung, Kidney and liver.
4) What are the procedure to be followed for Pulse diagnosis? Draw the location of the Pulse. Explain.
5) Explain Treatment process for: a) Sinusitis b) Low back pain c) Arthritis d) Shoulder pain e) Foot pain.