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

AYS027-BSS DIPLOMA IN VARMA & MASSAGE SCIENCE

ONE YEAR EXAMINATION NOVEMBER-2025

AYS027-01 COMMUNICATIVE ENGLISH AND COMPUTER FUNDAMENTALS

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) Let the door _____ opened.

2) MS word is used for _____

3) I have _____ car

4) Basic working platform of the computer is the _____

5) The expanded form of CPU is _____

6) RAM stands for _____

7) Computers can only understand _____ language

8) _____ is the first manual calculating device.

9) Full form of CPU is _____

10) I am _____ (eat) food.

11) The bird _____ made his nest by itself

12) Her uncle lives _____ Chennai.

13) Japan is _____ Asia country

14) Mouse is an _____ device.

15) Have mercy _____ the poor

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

1) Define indefinite Article?
2) Define interrogative Adverbs?
3) Define countable nouns?
4) Backup
5) Taskbar
6) Icons
7) Language
8) Insert column and insert chart
9) Explain any five options for the format 'menu'
10) What is RAM?
11) Define Verb
12) Define Mouse
13) Define Object
14) Define Adjective?
15) Define keyboard?

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

1) Define usage of interjection?
2) Define common conjunctions
3) Write any two kind of official letters
4) Explain RAM and ROM
5) Edit
6) Line Tool
7) Symbols and pictures
8) Causes of respiratory distress

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

1) Write about the conversation to two person?
2) What are the advantages of using computer in the Modern Field.
3) Explain Internet, Intranet, search engine and Website?
4) Write the types of Charts in EXCEL.
5) Describe status bar

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

AYS027-BSS DIPLOMA IN VARMA & MASSAGE SCIENCE

ONE YEAR EXAMINATION NOVEMBER-2025

AYS027-02 INTRODUCTION TO HISTORY OF VARMA

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) _____ originated in present-day Kanyakumari, the southernmost part of India.

2) _____ a popular sport among the Mughals was shikar or tiger-hunting.

3) The Indian spear is typically made of _____with a steel blade.

4) _____ is a traditional medicine originating in Southern India

5) Varmanian is a term used to describe a person who is skilled in the art of _____

6) Varmanian literature is known for its rich use of _____ and poetic expressions.

7) The traditional Varmanian clothing is characterized by its vibrant colors and intricate _____

8) Varmanian festivals are celebrated with great _____ and traditional rituals.

9) Archaeological evidence indicates that the use of medicinal plants dates back to the _____ age, approximately 60, 000 years ago.

10) The earliest known Greek herbals came from _____ of Eresos, who, in the 4th century BC, wrote in Greek Historia Plantarum.

11) A completed tincture has an ethanol percentage of at least _____ (sometimes up to 90%).

12) Dry extracts can then be further refined to a _____ or tablet.

13) Warriors, soldiers, and others who wanted to pursue a _____ would continue their training for the rest of their lives.

14) The Adityas, Vasus, Rudras, Sadhyas, Ashvins, Maruts, Rbhus, and the Vishvadevas ("all-gods") as well as the _____ are the groups of deities mentioned.

15) _____, which highlights the goddess tradition of Hinduism is found in Rigveda hymns 10.125

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

1) Karpam for Leucoderma?
2) Write four bath oils for Kirigai?
3) Signs and symptoms of Seerumkolli varmam?
4) External application for Sarma thala kuttam?
5) Mention four specific drugs for Leucoderma ?
6) Curable types of Eczema?
7) Chinna Thirumeni Ennai preparation ?
8) Define Varmanian architecture?
9) How are Varmanian festivals celebrated?
10) How is Varma Kalai connected to Siddha medicine (siddha vaidyam)?
11) What does the term "sastra-vidya" refer to in the context of Indian martial arts?
12) Who established Mughal rule in north India during the 16th century, and how did they become patrons of India's native arts?
13) What is the "Ausanas Dhanurveda Sankalanam" ?
14) The diversity and specialization among the various classes of Mughal gladiators?
15) Define "pressure points" in the context of martial arts ?

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

1) Write any three kayakarpam used in Nabunjagam?
2) Explain the significance of Varmanian art ?
3) Explain the cultural significance of Varmanian festivals ?
4) Write the treatment of Sori and Sirangu?
5) Explain the Choornam?
6) Explain the Treatment for Hysteria?
7) Explain the art of Silambam and its significance in Indian martial traditions?
8) Describe how Kuttu Varisai, a form of martial arts and physical fitness, is associated with the teachings of Agastya, one of the revered sages in Indian tradition?

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

1) Explain : Thokkanam, types, methods, medicines used in Thokkanam and diseases?
2) Explain Kalaripayattu?
3) Discuss the The Rigveda or Rig Veda?
4) Explain the Rigveda Brahmanas?
5) Discuss the impact of modernization and globalization on Varmanian traditions and cultural practices?

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

AYS027-BSS DIPLOMA IN VARMA & MASSAGE SCIENCE

ONE YEAR EXAMINATION NOVEMBER-2025

AYS027-03 VARMA SCIENCE

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 history of the scientific origin of Varma art can be traced back to ancient _____.
2) Varma art is closely associated with Siddha medicine, which emphasizes the use of _____ points for healing.
3) Saptha thadhukkal refers to the seven vital _____ of the body.
4) Rettha thadhu pertains to the study of _____ in the human body.
5) Mamisa thadhu involves the examination of _____ tissues.
6) The concept of three thegams refers to the three layers of the body, namely _____, _____, and _____.
7) Karu udal corresponds to the _____ layer of the body.
8) In structural classification, varmam points are categorized based on their association with _____ structures.
9) Some common indications for working on head varmams include headaches, stress, and _____.
10) It is crucial to use precise and gentle techniques when working with head varmams, as improper manipulation can lead to _____ complications.
11) The neck varmams are located in the _____ region of the body, specifically around the neck and throat.
12) Padu varmam experts should be knowledgeable about the precise locations of neck varmams and the proper _____ methods to address specific concerns.
13) The anterior varmams are situated in the _____ part of the body, including the chest and abdominal regions.
14) They are often targeted to address respiratory problems, digestive issues, and to enhance overall _____ well-being.
15) In the _____ region of the body, the vital points are known as head varmams, and they are located in various areas on the skull and face.

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

1) Define Varma art?
2) What is the relationship between Varma art and India's cultural heritage?
3) What is the fundamental purpose of Medical Varmology in the Indian medical system?
4) What happens when any one function of Varmam points is affected?
5) Define Mamisa thadhu?
6) What is the focus of Enbu thadhu (Bone) in Varma study?
7) Define Majjai thadhu and describe its importance in Varma.
8) Define Karu udal?
9) Define Padu varmam?
10) Define Thodu varmam ?
11) Define "releasing methods" ?
12) Define "post-traumatic complications" ?
13) Define "upper limb varmam" ?
14) Explain the concept of "lower limb varmam" ?
15) Define posterior varmams?

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

1) Define the historical origin of Varma art. How far back can its roots be traced, and what are the primary sources of historical knowledge about it?
2) Describe the relationship between the signs and symptoms of Varmam points and the concepts of vatha, pitha, and silaethumam?
3) Explain the concept of Varmam, its components, and its role in the human body?
4) Define Varmam and its significance in traditional Indian systems?
5) What are Padu varmam and Thodu varmam, and how do they relate to traditional Tamil healing practices?
6) Describe a releasing method used for head varmams and its therapeutic application?
7) Name one posterior varmam and its location on the body. What conditions can it address?
8) How do upper limb varmams differ from lower limb varmams, both in location and application?

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

1) Explain the historical origin of Varma art, tracing its roots back to ancient India?
2) Explain the traditional Varma records and their role in preserving the knowledge of Varma art?
3) Write long details about Ayurvedic classification, structural classification, and regional distribution?
4) Discuss the role of humoral and prognostic classifications?
5) Describe the regional classification of Varmam points and their distribution in the body?

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

AYS027-BSS DIPLOMA IN VARMA & MASSAGE SCIENCE

ONE YEAR EXAMINATION NOVEMBER-2025

AYS027-04 MASSAGE SCIENCE

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) Thadaval Murai focuses on the manipulation and realignment of _____ in the body.
2) The therapist uses their hands and fingers to apply pressure on specific _____ points.
3) This therapy aims to restore the balance and harmony of the _____ system.
4) The therapist may use essential oils or herbal preparations to enhance the therapeutic _____
5) Special Thadaval Murai is suitable for individuals seeking relief from _____ and stress-related conditions.
6) Special Thadaval Murai can provide a deep sense of _____ and well-being.
7) Murukkal is _____. It is performed to release muscle tension and to improve circulation.
8) The purpose of gliding is to provide a _____ for every massage.
9) Murukkal involves _____ to release muscle tension and improve circulation, with a technique resembling kneading dough.
10) _____ is given to the patients with the complaints of contusion and other swelling it is also used in certain dermatological conditions.
11) _____ is an external therapy with medicinal herbs, main purpose of this procedure is infection control
12) A _____ and steam application to either localized regions or the whole body.
13) Kombu kattal is a procedure for _____ the fractured bone using splints and bandages with a paste of bone setting herbal materials.
14) _____ by applying heat using heated packs of herbal powder.
15) Physiotherapist does a _____ with an individualized treatment plan combining education.

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

1) What does Special Thadaval Murai focus on?
2) What is the purpose of applying pressure on specific points in Thadaval Murai?
3) How does soft music contribute to the therapy session of Thadaval Murai?
4) Why is it important to communicate any discomfort during a Thadaval Murai session?
5) Define podhu thadaval murai ?
6) Duration and Post-Operative Procedure?
7) Define Metallic cautery – heat application using metal patru (poultice)?
8) Define Ottradam (fomentation)?
9) Define Poochu (anointing)?
10) Define Alutthal?
11) Define Murukkal?
12) Define Mallaththal – slump long sitting?
13) How to Preparing of patient?
14) Define "Varma" ?
15) What is the purpose of Siddha Abhyanga?

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

1) Explain the concept of Special Thadaval Murai ?
2) Discuss the principles of balance and harmony in Thadaval Murai ?
3) Explain the therapeutic effects of applying pressure on specific points ?
4) Explain the recommended duration of a Special Thadaval Murai session and why this timeframe is considered optimal?
5) Discuss the importance of hydration after a Thadaval Murai session ?
6) Explain the role of soft music in creating a conducive and relaxing environment during a Thadaval Murai session?
7) Discuss the cultural and historical significance of Thadaval Murai as a traditional healing practice?
8) Explain How is Thokkanam practiced?

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

1) Discuss the specific benefits of Special Thadaval Murai for relieving chronic pain conditions and promoting pain management?
2) Describe the different bodywork techniques used in Special Thadaval Murai?
3) Explain the role of the therapist's intuitive touch and connection in creating a safe and healing space during Special Thadaval Murai?
4) Discuss the importance of maintaining a client-centered approach in Special Thadaval Murai, tailoring the treatment to meet individual needs and goals?
5) Describe the potential effects of Special Thadaval Murai on the immune system, such as boosting immune function and enhancing overall health?