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

YNS001-BSS DIPLOMA IN YOGA & NATUROPATHY

TWO YEARS (FIRST YEAR) EXAMINATION NOVEMBER-2025

YNS001-01 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) One day _____ Old man came to my village.

2) Consonants are _____ in number

3) He travelled _____ Ticket.

4) Brought is _____ verb.

5) When _____ you meet him.

6) _____ You will pass.

7) I read _____ Indian express

8) _____ is a folder, stores the deleted files

9) Computers can only understand _____ language

10) A to Z key are known as _____ keys

11) To draw curved lines _____ is used

12) WWW means _____

13) Esc used for _____

14) He _____ swimming _____ the river

15) Mouse is an _____ device.

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

1) Define Gender?
2) What is meant by transitive verb?
3) Define types of sentences?
4) Define active and passive voice?
5) What is meant by plural number? Example:-
6) What is meant by Feminine Gender?
7) What is meant by common Gender?
8) What is meant by weak verbs?
9) Adjective
10) Write short notes on 'macro'
11) Icons
12) Language
13) Decimal
14) Explain Cut, Copy and 'Paste'
15) Explain any five options for the format 'menu'

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

1) Define kinds of adjectives
2) Digital computer
3) Curve Tool
4) Windows explorer
5) What are the procedures to insert range of cells in excel
6) Define Hybrid computers
7) What are the advantages and disadvantages of non- verbal communication?
8) Kinds of Adjective any five

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

1) Write what in complex sentence
2) Briefly explain storage unit
3) Explain the keyboard
4) Explain in detail about MS Word?
5) Explain in detail about articles?

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

YNS001-BSS DIPLOMA IN YOGA & NATUROPATHY

TWO YEARS (FIRST YEAR) EXAMINATION NOVEMBER-2025

YNS001-02 SCIENCE & ART OF YOGA - ANATOMY & PHYSIOLOGY

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 largest cartilage in our body is _____
2) The adult heart weighs about _____ gm
3) Movable bone in the human skull is called _____
4) Heart is located in _____
5) Total number of bones in human body is _____
6) _____ is the largest part of the brain.
7) The first vertebra is known as _____
8) Long bone supporting the upper arm is called _____
9) Dense connective tissue is called _____
10) Heart Rate is _____
11) Cystic artery is the branch of _____
12) Study of function of body is called as _____
13) Science is an empirical practice based on the belief that hypotheses and theories must be tested against observations of the _____ world.
14) Touch your thumb to your forearm_____
15) The musculoskeletal system provides the body with support and _____.

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

1) Thyroid gland
2) Nephrone
3) Functions of heart
4) Define leukocytes.
5) List out the cranial bones.
6) Diffusion
7) Vital Capacity
8) Thalamus & Hypothalamus
9) BP
10) Artery and Vein
11) Micturation
12) Neurone
13) Valves of Heart?
14) Define Anatomy and physiology?
15) How does the passage suggest that the human body is systematically divided for the purpose of anatomical study?

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

1) Mechanism of Respiration
2) Medulla oblangata
3) Cervical vertebrae
4) Hormones of anterior pituitary
5) Slice anatomy of thorax and details
6) Glomerulus
7) What stretches would you recommend to help get into these poses?
8) Anatomically, what's happening in the shoulders?

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

1) Explain about Thyroid glands with the help of neat diagram
2) Explain the respiratory system with diagram
3) Describe about the innominate bone with the help of neat diagram
4) Name the parts of Female reproductive system. Describe the anatomy of the Uterus.
5) Explain and draw the diagram of The Shoulder?

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

YNS001-BSS DIPLOMA IN YOGA & NATUROPATHY

TWO YEARS (FIRST YEAR) EXAMINATION NOVEMBER-2025

YNS001-03 DIFFERENT TYPES OF ASANAS TECHNIQUES

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) _____ Practice acts on Monomoy kosha

2) Meditation can improve our _____ process.

3) Asanas can be categorized into _____ and _____ poses.

4) _____ Asanas bring physical and mental, sharpness and alertness.

5) _____ has characterized Aahara into three qualities namely, Sattvic, Rajsic and Tamasic

6) _____ start with the idea of 'cittavrti nirodha' enlighting the importance of controlling the mind.

7) Hypertension is the elevation of the _____ above normal

8) I reflect on the unity of _____, which pervades everthing in the earth, the atmosphere, and heavens

9) _____ aerates the lungs, removes phlegm, gives endurance, soothes the nerves and tones the entire system.

10) _____ presses against two important glands - the thyroid and the para thyroid glands.

11) _____ is extremely effective to reduce thighs and stomach fat.

12) If you have any injury in your calves or hamstrings then don't practice _____

13) Do not practise Uttanpadasana steps if you are suffering from _____ or any serious back injury.

14) Viparita Karani or the Legs Up The _____ is a rejuvenating inverted pose that can offer a range of health benefits

15) _____ is a cleansing process for the alimentary canal, including mouth, oesophagus, stomach, intestines and rectum

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

1) What are precautions for trataka?
2) What are the precautions of kapalbhati?
3) What are the benefits of basti?
4) How to perform trataka?
5) What is sattvic diet?
6) Yoga means equanimity?
7) Mental health?
8) Social health?
9) Spiritual health?
10) What is stress?
11) Write four types of bad stress?
12) What is obesity?
13) What are Precautions of Jalandhar and Uddayan Bandh?
14) What are Precautions of Setubandhasana?
15) What are Precautions for Makarasana (Crocodile Pose)?

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

1) Relaxation technique.
2) What is the meaning of asana ?
3) Write in detail the correct time, place and duration of asana?
4) Explain mindfulness meditation?
5) In hypertension which pranayama should we do?
6) In hypertension which meditation should we do?
7) Explain lower back pain?
8) Describe the causes of lower back pain?

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

1) Explain the causes of faulty mental health according to Patanjali yoga sutras?
2) Explain concept of healthy living described in bhagwat gita?
3) Describe yoga and personality development?
4) Explain bronchial asthma?
5) Write signs and symptoms of bronchial asthma?

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

YNS001-BSS DIPLOMA IN YOGA & NATUROPATHY

TWO YEARS (FIRST YEAR) EXAMINATION NOVEMBER-2025

YNS001-04 PRINCIPLE OF NATURE CARE

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) Give the name of two main poles of magnet?

2) What is water therapy called?

3) _____ is Hydro Therapy

4) _____ether

5) Angithi_____

6) Bhajan-hymn, prayer in the form of _____ flat, hard, unleavened bread

7) Bilva -leaf of a sacred tree of that name, _____ or wood-apple

8) _____ flat, unleavened bread

9) Dharma _____ duty

10) _____an association for the protection and welfare of cows

11) _____a small piece of cloth tied round the private parts

12) _____ literally, complete diet; an experiment in which vegetables and two or three kinds of flour are steamed together possessing complete food values

13) _____scripture; authoritative writing

14) Children should not go without _____. It is certainly desirable to raise a few cows there.

15) Ramanama could not come from the _____unless one had cultivated the virtues of truth, honesty and purity within and without

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

1) Give the name of Panchmahabhuta?
2) What is Hot Pack?
3) What is mud therapy?
4) What is lep?
5) Write the definition of mud?
6) What is Potish?
7) Define Nature cure?
8) Psycho analysis?
9) Bernard Jenson?
10) Wet sheet packs?
11) Steam baths ?
12) Round Worms?
13) Hemicrania?
14) Cough (Bronchitis)?
15) Pneumonia?

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

1) Describe the best muds quality?
2) What is the Circulation of blood in human body?
3) Explain constructive Principle and Destructive Principle?
4) The Uruli-Kanchan Clinic?
5) Write on Water as Medicine?
6) Fasting therapy?
7) Diet as per Naturopathy?
8) Astavidaaharasevana?

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

1) Describe the urinary system with Diagram?
2) Describe the urinary system?
3) Give the importance of religious fasting?
4) Briefly explain the benefits of white pumpkin?
5) Explain Venkat Rao and his Contribution’s for Naturopathy?

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

YNS001-BSS DIPLOMA IN YOGA & NATUROPATHY

TWO YEARS (FIRST YEAR) EXAMINATION NOVEMBER-2025

YNS001-05 PRACTICAL METHODS OF YOGASANAS CARE THERAPY

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) _____ is the system of Yogic practices which loosens your joints and removes the energy blockages.
2) _____ the name comes from the Sanskrit words "Vira" meaning "hero" and Asana meaning "posture" or "seat"
3) Having got the boon, the wicked Bhasmsura tried the boon on _____ himself.
4) Yama is mainly classified in _____ characteristics.
5) _____ is the practice by which one can regulates the vital energy.
6) The name is derived from the Padma, meaning 'Lotus', and asana, meaning 'pose' or 'posture'. This is also known as _____ in English.
7) _____ is one word that occurs in every chapter of the Gita
8) _____asana improves neuro-muscular coordination, balance and alertness
9) Mind becomes in Alpha state due to the practice of_____ _
10) How many types of Bhaktis are there in Bhakti Yoga_____
11) _____ Kriya is beneficial for reducing excess fats from the body
12) Yogasanas are intended to bring _____ to the body, mind, and spirit, helping in the release of tension and stress.
13) The concept of _____ refers to the art of relaxation, a fundamental aspect of Yogasanas care therapy.
14) Bandhas, which are energy locks, play a crucial role in channeling and directing _____ during Yogasanas.
15) Pranayama techniques involve various breath control methods aimed at expanding _____ and enhancing the therapeutic effects of Yogasanas.

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

1) Human life is divided into four Ashrams. Which are they?
2) How yoga is different from other forms of exercises?
3) Define "Hath Yoga"?
4) Which level of life relates with "Raj Yoga"?
5) Write two important names of Yoga research centers ?
6) List the yogic practice to control low - back pain ?
7) Four Streams of Yoga ?
8) What are Dexterity games?
9) Name some Shithilikaran Vyayama ?
10) The concept of 'Counterposes' ?
11) What is 'Relaxation Response' in Yogasanas?
12) What is the definition of 'Shavasana' or 'Corpse Pose' in Yogasanas practice?
13) What is the definition of 'Modifications' in Yogasanas?
14) Define 'Yogic Diet'
15) Define 'Asana Sequence' ?

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

1) Describe the preparations, cautions and contraindications for the practice of yoga postures?
2) Write a short essay on the things that causes air pollution?
3) Describe the preparations, cautions and contraindications for the practice of yoga postures?
4) Wellness/good health of body is essential for doing dharmanushtanas. Explain?
5) What is peripheral nervous system? Describe the functions of peripheral nervous system?
6) Write the limitations of Yoga?
7) Describe the importance of asanas and pranayama in health?
8) How does Shavasana (Corpse Pose) contribute to relaxation and its therapeutic effects on the body and mind?

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

1) Define 'Kriya Yoga'. Explain its benefits, classification and methods?
2) While defining "Saptang Yoga", Explain its benefits?
3) Explain the role of Yoga in International Relationships?
4) Explain the concept of Yogasanas care therapy and its role in promoting physical and mental well-being. Provide examples of specific Yogasanas and their therapeutic benefits.
5) Describe the step-by-step procedure for performing the Vrikshasana (Tree Pose) and its therapeutic applications?

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

YNS001-BSS DIPLOMA IN YOGA & NATUROPATHY

TWO YEARS (FINAL YEAR) EXAMINATION NOVEMBER-2025

YNS001-11 SCIENCE & ART OF YOGA - NUTRITION

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) Tamasik Pathya may alter our _____ system function.

2) Component of Food _____

3) Function of Protein _____

4) _____is a small artery

5) Ovaries in the females which secrete _____and_____

6) The human skeleton consists of _____bones

7) The Yoga-Shikha-Upanishad warns us of the _____ referring to bookish learning without accompanying experience.

8) _____ has come to realise the importance of prevention only in recent times but the role of preventive medicine is still very limited.

9) _____ as a physical therapy has a lot to offer patients of physical and mental handicaps.

10) Modern medicine tries to help retard aging and help people look better by costly _____ that are only an external covering over the underlying aging process.

11) In the field of psychotherapy and psychoanalysis we can find a lot of _____ being reiterated time and again.

12) Yogic diet, Asanas, Pranayamas, Mudras, Kriyas and relaxation are an important aspect of _____

13) To live a healthy life it is important to do _____ and follow a _____.

14) _____ can benefit a lot by a scientific understanding of Yoga postures and other techniques

15) Various private institutions are running in our country and doing their best to propagate _____

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

1) What are micronutrients?
2) Define Pancha Kosha?
3) Health?
4) Pancha Kosha?
5) Lifestyle changes?
6) Expenditure?
7) Coping skills?
8) Prevention of disease?
9) Sa?karmas?
10) Pratyahara?
11) Neck Bending?
12) Bhramari pranayama?
13) Setubandhasana ?
14) Sasankasana?
15) Tamasic diet?

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

1) Mudra
2) Kapalbhati
3) Name the Macro Nutrients?
4) Yogic Diet?
5) Functions of skin?
6) Rehabilitation?
7) Brief History And Development Of Yoga?
8) Setubandhasana

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

1) Explain how yoga therapy can help to cure stress disorder.
2) What is tridosha? Explain about he character or biologicalnature according to tridosha.
3) Write about Micro nutrient and Trace elements?
4) Explain how yoga therapy can help to cure stress disorder?
5) Explain Prana? Yama

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

YNS001-BSS DIPLOMA IN YOGA & NATUROPATHY

TWO YEARS (FINAL YEAR) EXAMINATION NOVEMBER-2025

YNS001-12 DIFFERENT TYPES OF MEDITATION TECHNIQUES

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) Mind consists of _____ stage

2) The art of practicing yoga helps in controlling an individual's _____

3) _____ help in the healthy functioning of the organism

4) Meditation can improve our _____process.

5) Washing dishes can be a very _____ if you take the time to enjoy the process and the feel of the warm water.

6) A body scan meditation combined with some _____ can be very healing and restorative.

7) _____ occurs when one is focused on the breath.

8) _____ results from major traumatic events and can profoundly affect quality of life

9) _____ and augmented reality (AR) have shown their worth in therapy, particularly in the successful treatment of phobias.

10) _____ deeply is also a great way to shift your focus when you are feeling anxious.

11) The mindfulness of breathing practice involves using the breath as an _____of focus.

12) Meditation is a very personal practice because what is relaxing for one person may be _____for another.

13) _____ Which includes repeating 'Mantras' or words linked to happiness, gratitude, self-love, compassion, and inner peace

14) _____ Which incorporates components of silence, prayers, and self-control, and aims to build a deeper connection to the Divine.

15) _____ Where we commit to paying undivided attention to an object or an imaginary light while meditating and learn how to calm the mind amidst the daily multitasking life.

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

1) Yama?
2) How is yoga different from meditation?
3) At which Chakra, the union of Ida and Pingalanadi takes place?
4) Focus Meditations?
5) Progressive Muscle Relaxation Meditation?
6) Walking Along the Beach?
7) Wooded Trail?
8) The Clean Room Visualization?
9) When and Why Is It Used in Therapy?
10) Depression?
11) Stress?
12) Mindfulness Meditation and Insomnia?
13) Benefits of Mindfulness Meditation Taken Together?
14) Faster recovery?
15) Meditation Exercise: Standing & Shifting?

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

1) Benefit of Pranayama
2) Pitta Dhosha balancing mudras?
3) Hypertension?
4) Breathing Meditations?
5) A Take-Home Message?
6) Cessation of smoking?
7) Mindfulness-Based Stress Reduction and Mindfulness-Based Cognitive Therapy?
8) Effect of Meditation on Sensory Experiences?

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

1) What is Ashtanga yoga? Explain in detail?
2) What is meditation? Write briefly about Transcendental Meditation?
3) Does Hypnotherapy Work? 7 Scientific Findings?
4) Describe The Benefits of Mindfulness Meditation?
5) Write down 6 Proven Benefits of Eating Mindfully?

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

YNS001-BSS DIPLOMA IN YOGA & NATUROPATHY

TWO YEARS (FINAL YEAR) EXAMINATION NOVEMBER-2025

YNS001-13 PRACTICAL METHODS OF NATURE CARE THERAPY

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) _____ is the father of medicine.

2) Red colour has _____ effect on human body.

3) Partial or complete loss of memory is known as _____

4) _____ helps to overcome headache, sore throat and catarrh of the throat

5) Friction follows with each hand at the _____ going down slowly.

6) Hot immersion bath can be taken from two to _____ at a temperature from 36.60C to 400C.

7) Steam bath is one of the most important _____ which induces perspiration in a most natural way

8) _____affords a physiological rest to the digestive, assimilative and protective organs

9) Air and sunbaths revive dead skin and help maintain it in a _____condition.

10) _____ is the source of light and heat. If there was no sun, there would be neither light nor warmth.

11) The human body which is composed of the _____ cannot do without any one of them.

12) _____ is Nature's warning that no burden should be placed on the digestive organs.

13) _____ is highly beneficial in practically all kinds of stomach and intestinal disorders and in serious conditions of the kidneys and liver

14) The various _____ also respond favourably to this mode of treatment.

15) The _____ in the mud packs relaxes the pores of the skin, draws the blood into the surface, relieves inner congestion and pain, promotes heat radiation and elimination of morbid matter.

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

1) Magnetotherapy
2) Fasting
3) Diseases
4) Nature cure definitions?
5) Prayer?
6) How does the nature cure basically differ from the other system?
7) What is the secondary cause of disease?
8) What are the channels of elimination?
9) Founders of school of Salerno?
10) When to pray?
11) What is the destructive principle in nature?
12) What is Abatement?
13) Enema?
14) Spinal Bath?
15) Abdominal Massage?

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

1) Why to pray twice in a day?
2) The treatments used by Mahathma Gandhiji?
3) Difference between functional disease and organic disease?
4) How to acquire natural immunity?
5) Contributions from Adolf Just?
6) Nature cure in relation with air?
7) The primary causes and manifestations of diseases??
8) Write the philosophy of Paracelsus?

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

1) Briefly describe about Concept of Naturopathy treatment.
2) Explain the primary cause of disease and its manifestations?
3) Write in detail about immunity and vitality and add a note on functional and organic disease?
4) Explain nature cure in relation with pancha maha bhutas?
5) Explain Curative Powers of Earth?