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

YNS002-BSS DIPLOMA IN NATUROPATHY & YOGIC SCIENCE

TWO YEARS (FIRST YEAR) EXAMINATION NOVEMBER-2025

YNS002-01 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) I _____ coffee everyday

2) His uncle lives _____ Delhi.

3) I waited for _____ hours

4) Word pad is an _____

5) Computer programs are also known as _____

6) _____ are where the text is typed

7) Windows 98 allows to start an application in _____

8) Ctrl+C is the short cut for _____

9) Who is the father of computer _____

10) Shortcut Key for Cut is _____

11) I _____ eaten food.

12) Keyboard shortcut for UNDO command is _____

13) He is running _____ the road.

14) That is _____ Parrot.

15) www. means _____

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

1) What is meant by verb?
2) Define Auxiliary verb?
3) Define adjectives of number?
4) What is meant by masculine Gender?
5) What is meant by strong verbs?
6) Windows
7) Desktop
8) Explain windows explorer
9) Write short notes on Super Computer
10) Explain Header and Footer
11) Clauses
12) Word screen
13) Icons
14) Object
15) View

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

1) Explain few sentences using "do/does"?
2) Define usage of interjection?
3) Work area
4) Explain analog and hybrid computer
5) What are the difference between i. COPY, Xcopy, Diskcopy and Move.
6) Explain 'find', 'replace' and 'go to'.
7) Give 5 examples of interrogative sentence
8) Write about Memory device?

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

1) Write what in complex sentence
2) Write a mailmerge to invite your friend in your family function what are the procedure of the merge?.
3) Describe status bar
4) Write a letter to your friend inviting her to spend a few days with you during the summer vocation?
5) Explain in detail about MS Word?

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YNS002-BSS DIPLOMA IN NATUROPATHY & YOGIC SCIENCE

TWO YEARS (FIRST YEAR) EXAMINATION NOVEMBER-2025

YNS002-02 ANATOMY AND 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) Saliva contains which Digestive enzymes?
2) _____ were observed before and after treatment with acupuncture or moxibustion
3) Interpretive analysis assigns _____ meaning to statements.
4) _____ viewed as important included ability to relax, exercise and diet.
5) _____ is common and has a negative impact on recovery.
6) _____ pulse diagnosis has been used in traditional Asian medicine for a long time
7) Myopia has become a major _____ worldwide
8) The diopters of the right (OD) and left (OS) eye were evaluated before and after the _____ by a blinded assessor
9) Younger and male practitioners were more likely to respond _____
10) The _____ were applied by the same certi?ed and experienced acupuncturist (BT).
11) Right Atrio – Ventricular value is also called as _____
12) Nasal cavity can be separated by _____
13) Normal temperature of human body is _____
14) Normal blood pressure of human body is _____ mm/hg
15) Acupuncture points _____ and _____ clearly show high oxygen pressure levels as do the other acupuncture points in the region.

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

1) What is the cell?
2) Give the definition of anatomy?
3) Write the functions of skin.
4) Write the definition of reproduction?
5) Write the functions of lungs.
6) What is the cluster analysis?
7) Define Trigger point acupuncture?
8) Define Bee venom acupuncture?
9) Define Mycobacterium?
10) Write abbreviation of and define CGRP?
11) Define Lymphatic system?
12) Define Morbid stagnation?
13) How to Digestive process in small intestine and its ancillary parts?
14) Define Triple energiser (te)?
15) Define Blood and lymphatic system?

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

1) Write short note on ribs cage.
2) Explain the functions of stomach.
3) Explain the male genital organs.
4) Write the list of elements, internal organs and their symbols?
5) Write the locations of heart and spleen with draw diagrams?
6) Write the locations of wood element organs with draw diagram?
7) Write Yin organs (cold) of Five elements?
8) Write Functionalites of Earth Elements?

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

1) Describe the functions of small intestine.
2) Explain about Acupuncture and Lifestyle Myopia in Primary School Children?
3) Explain about Acupuncture and Neural Mechanism in the Management of Low Back Pain?
4) Write the functions of the FIRE element?
5) Explain the concealed organs of FIRE element?

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YNS002-BSS DIPLOMA IN NATUROPATHY & YOGIC SCIENCE

TWO YEARS (FIRST YEAR) EXAMINATION NOVEMBER-2025

YNS002-03 BASIC 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) _____ is Hydro Therapy

2) _____ ether

3) _____ a place of spiritual retirement; Gandhiji's colony of workers

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

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

6) Kshetra Sannyasa _____ restriction to a definite _____ the exclusion of other fields

7) Lakh _____

8) Lota _____

9) Mung _____ a _____

10) Pooja _____ and offering

11) Shloka _____

12) In place of _____ wooden planks, supported by bricks may be used.

13) The more I think the more I realize that Ramanama recited from the heart and with knowledge is _____ for every kind of disease

14) A _____ may be said to be the same as the steadfast one (sthitaprajna) of the Gita.

15) _____ is nothing more and nothing less than being well in every way.

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

1) What is Hot Pack?
2) What is Enema?
3) Write the definition of mud.
4) What is Potish?
5) School of salerno?
6) Maintenance of perfect health?
7) The sexual glands?
8) The sun?
9) Can hernia, tonsils etc. which need the surgeon's knife be cured by Nature Cure?
10) Kuhne's treatment?
11) Round Worms?
12) Dyspepsia?
13) Biliousness?
14) Ringworm?
15) Acid Dyspepsia?

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

1) How to give the local steam.
2) Briefly explain the benefits of white pumpkin.
3) What is the Circulation of blood in human body?
4) Unity of disease and unity of cure?
5) Acute and chronic diseases?
6) Nature Cure Treatment?
7) Diet as per Naturopathy?
8) Outlines on dravyas?

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

1) Briefly explain the benefits of milk?
2) Explain Venkat Rao and his Contribution’s for Naturopathy?
3) Write in detail about the basic principles of nature cure and Laws of nature?
4) Explain great emphasis on the use of earth?
5) Elaborate on Astanga of ayurveda?

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YNS002-BSS DIPLOMA IN NATUROPATHY & YOGIC SCIENCE

TWO YEARS (FIRST YEAR) EXAMINATION NOVEMBER-2025

YNS002-04 BASIC YOGA

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) How many main pran are there in the body?

2) Give just the name of panch mahabhoota?

3) Classical Hatha yoga has _____ limbs.

4) Having got the boon, the wicked Bhasmsura tried the boon on _____ himself.

5) Yoga is limiting the _____ from taking various forms (Vrttis).

6) _____ attribute satisfies the criteria of Sattvic Food

7) _____ asana affects the digestive system

8) How many kinds of Kapalbhati are said in 'Gherandsamhita' _____

9) _____ type of Asana should avoid during disc prolapse (herniation) in Low back pain

10) How many types of Pranayama explained in Yoga Sutra _____

11) _____ asana improves neuro-muscular coordination, balance and alertness

12) According to Yoga the Raga is _____

13) How many types of Bhaktis are there in Bhakti Yoga _____

14) Asana according to Patanjali is _____

15) Chakrasana is contraindicated for _____

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

1) Define Yoga Sadhana Traya?
2) How yoga is different from other forms of exercises?
3) Write three Asanas that helps to strengthen the circulatory system?
4) Which level of life relates with "Raj Yoga"?
5) Write the dates and Institution declaring International Yoga Day?
6) What is bhujang asana?
7) Write the complementary asana of halasana?
8) Write shat kriyas?
9) During pranayama method write its three yogic names?
10) Write the types of bandhas?
11) Write about sutra neti?
12) What is self motivation? Explain any 2 benefits of it?
13) What is the significance of yoga sadhna?
14) Yama and Niyama?
15) What are Dexterity games?

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

1) Explain precaution should take during pranayam
2) Write about four streams of yoga.
3) Concepts of yoga nad its basis
4) What are Shadadharas. Explain each one in detail?
5) Briefly explain Pranayama and Prathyahara?
6) Explain the role of Yoga in defending life style diseases?
7) Narrate the life situation in "Ashtang Yoga"?
8) Explain the benefits of "Gath Yoga"?

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

1) Describe methods of pavanmuktasan and their benefits.
2) Explain the philosophical ground of the said teachings?
3) Suggest steps and strategies to make yoga as part of our daily life?
4) Critically evaluate the statement – there is an evolution from the stage of living to eat rather than eating to live among the mankind?
5) Explain in detail the difference between yogic asanas and physical exercise?

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YNS002-BSS DIPLOMA IN NATUROPATHY & YOGIC SCIENCE

TWO YEARS (FIRST YEAR) EXAMINATION NOVEMBER-2025

YNS002-05 DIETETICS AND 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) Which vitamins we get from sun.
2) Give the name of protein contain food?
3) Give the name of carbohydrate contain food
4) _____ are bland foods
5) _____ and _____ two laxative foods.
6) _____ do you understand by hyperglycemia
7) _____ and _____ health hazards of consuming foods adulterated with argemone.
8) _____ is a dietary guideline that is espoused by both the US Department of Health and Human Services and your humble professor
9) _____ defines all carbohydrates
10) _____ do we get when we break down a triglyceride
11) Insulin also stimulates the cells to take up glucose, thus prevents a rise in _____ and maintains its level within certain normal limits.
12) In Diabetes, there is _____ in blood and urine due to inadequate production of insulin or insulin resistance.
13) Type 1 diabetes is an _____
14) _____ usually disappears after pregnancy but is associated with complications to both mother and baby.
15) Clinical Dietetics is the _____ in a hospital or health care institutional setting.

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

1) In which person fiberious food are benificial?
2) What is Pathya?
3) What is Vitamines?
4) What is Melana?
5) Write the full form of GERD?
6) What is Bland Diet?
7) Define BMI?
8) What do you mean by low energy diet?
9) What is Anaemia?
10) What is Nutritional Anaemia?
11) Name any two types of intermittent fever?
12) What is RDA?
13) Define menarche?
14) What is REE?
15) What is gross fuel value?

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

1) Plant Fat
2) Jejunostomy?
3) Factors in patients care?
4) Dysphagia?
5) What is the significance of growth chart? How growth chart is used for growth monitoring?
6) Define Bioavailability. How will you determine the energy value of food?
7) Aneamia during pregnancy?
8) Define weaning. Discuss the problems of weaning?

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

1) Fibers
2) What is role of vitamin A in child health.
3) Define obesity. Discuss its causes, symptoms and dietary management?
4) Discuss various types of enteral nutrition. Discuss the drawbacks of long term use of enteral feeding?
5) Explain the physiological changes during pregnancy. Discuss the association between maternal nutrition and pregnancy outcome?

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YNS002-BSS DIPLOMA IN NATUROPATHY & YOGIC SCIENCE

TWO YEARS (FINAL YEAR) EXAMINATION NOVEMBER-2025

YNS002-11 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) In sour fruit we have to get vitamin _____
2) A disease in which the hyposecretion of thyroid glands in adult is called _____
3) The study of bone is called _____
4) _____ is a small artery
5) Milk is consider as _____ Pathya.
6) Obesity is concerned with _____ dosha.
7) Meditation may cure _____ disorder.
8) Yoga not only has the concepts but also the tools and technology needed for us to find out and realise _____
9) The Yoga-Shikha-Upanishad warns us of the _____ referring to bookish learning without accompanying experience.
10) _____ has come to realise the importance of prevention only in recent times but the role of preventive medicine is still very limited.
11) Yoga helps develop their _____ and will power and also gives them a new philosophy of living
12) _____ used to tell us that the whole of life is, but a preparation for the moment of death, so that we can leave the body in the right way.
13) Yoga offers an inexpensive method of health that can be added to the _____ when required.
14) Healthy diet, regular exercise, avoidance of negative habits and cultivation of the positive habits and a healthy lifestyle can help us to _____ with dignity.
15) _____ give birth to healthy babies and a healthy start has a great future ahead.

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

1) What is tratak?
2) What is meditation?
3) Write the name of water solube vitamins?
4) Write the function of food in human body.
5) Define Pathya?
6) Hormones?
7) Pathya?
8) Tridosha?
9) Pancha Kosha?
10) Prevention of disease?
11) The characteristic of a science?
12) The definition of asana?
13) Pratyahara?
14) Knee Movement?
15) Kriya Yoga?

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

1) Calcium
2) Pneumonia?
3) Explain the structure of eye?
4) Difference between pranayama and breathing exercises?
5) The positive benefits of Yoga research?
6) Tools And Technology Of Yoga (Yoga-Vidhi)?
7) During The Practice?
8) Bhujangasana?

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

1) Write the importance, benefits and requirement of pranayam
2) Describe the actions of skeletal muscles?
3) Explain how yoga therapy can help to cure stress disorder?
4) Write long notes on Supine Postures?
5) Explain Prana? Yama

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YNS002-BSS DIPLOMA IN NATUROPATHY & YOGIC SCIENCE

TWO YEARS (FINAL YEAR) EXAMINATION NOVEMBER-2025

YNS002-12 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) _____ posture should be maintain to practice meditation
2) Heart rate can be reduced through _____ Practice
3) Heart rate can be reduced through _____ Practice
4) The campfire visualization is a great way to _____ stress and anxiety.
5) _____ along the beach is something anyone can imagine
6) _____ to the sounds of the sea is also very soothing.
7) Very similar to _____ guided meditations are extremely beneficial and useful.
8) _____ are yogic devices based on sacred sounds that evoke specific psychological states.
9) _____ is a deep state of relaxation, focus, and increased suggestibility.
10) Sleep problems are common in the adult population, affecting learning, cognition, and mental and physical wellbeing.
11) ADHD _____
12) _____ has also been associated with improved cognitions, including but not limited to working memory, visual-spatial skills and attention
13) Many people breath _____ during times of stress, so learning how to breathe deeply can help you feel more peaceful and calm throughout the day.
14) The mindfulness of breathing practice involves using the breath as an _____ of focus.
15) 'Metta' is a _____ word for benevolence, friendship, affection, and kindness.

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

1) What is sthul meditation? show their 3 types
2) What is vipshyana meditation?
3) Conception?
4) Health?
5) Walking Along the Beach?
6) The Clean Room Visualization?
7) Brief History of PMR?
8) How Do Hypnosis and Hypnotherapy Work?
9) Stress?
10) Mindful hypnotherapy?
11) Long-term benefits?
12) Receiving loving-kindness?
13) Establishing a habit?
14) Kneeling position?
15) Meditation Exercise: Standing & Shifting?

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

1) Bhavatit Meditation
2) Transcendental meditation?
3) 5 Quick Meditation Techniques to Utilize Today?
4) 4 Proven Benefits of PMR?
5) Improving sleep and overcoming sleep disorders?
6) What is Loving-Kindness Meditation?
7) Loving-Kindness Meditation for Kids?
8) 4 Mindful Eating Exercises and Activities?

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

1) What is the meditation? Give its importance.
2) How meditation can be helpful for relaxation? Name some common meditation technique with brief description?
3) Mantra Meditation?
4) Explian Using Hypnotherapy in Counseling: 3 Evidence-Based Results?
5) Write down 6 Proven Benefits of Eating Mindfully?

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YNS002-BSS DIPLOMA IN NATUROPATHY & YOGIC SCIENCE

TWO YEARS (FINAL YEAR) EXAMINATION NOVEMBER-2025

YNS002-13 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) Stroking is done from the _____ upward.
2) Once the kneading of the abdomen is _____, follow up by tapotement with both hands cupped or use the knuckles of the hand
3) _____ is a treatment of the muscles
4) The word is derived from the Greek word _____ which means to knead.
5) Regular exercise plays an important role in the fight against _____
6) The _____ is found to tone up the skin by increasing the circulation and energising the skin tissues
7) The word is derived from the old English, ' _____ ' which means to fast, observe, be strict.
8) The modern methods of nature cure originated in Germany in _____, when Vincent Priessnitz established the first hydropathic establishment there.
9) Even if born with some _____, the individual can eliminate it by putting to the best use the natural agents of healing.
10) _____ is highly beneficial in practically all kinds of stomach and intestinal disorders and in serious conditions of the kidneys and liver
11) _____ was used extensively for remedial purposes in ancient times as well as the middle ages.
12) Felke found that the forces of earth have remarkable effects upon the _____ especially during the night
13) The advantage of _____ is that it is able to retain moisture and coolness for longer periods than cold water packs or compresses.
14) 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.
15) The _____ treats the symptoms and suppresses the disease but does little to ascertain the real cause.

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

1) Akash?
2) Healing crisis and Disease crisis definitions?
3) Founders of school of Salerno?
4) What is functional disease?
5) Definition of Nature Cure?
6) Contributions of Dr. Laxman Sharma?
7) How to Economize vital force?
8) What is Abatement?
9) What are the elementary remedies?
10) Enema?
11) Heating Compress?
12) Methods of Exercise?
13) Material for Massage?
14) Chest Massage?
15) Massage of the Joints?

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

1) Hendry lindlhar?
2) Manifestations of primary causes of diseases?
3) Unity of cure and Louis Kuhne?
4) What is the impact of suppressing absorption & reconstruction stages of inflammation?
5) The treatments used by Mahathma Gandhiji?
6) Write about 2 fold attitude of mind and soul?
7) How to acquire natural immunity?
8) The primary causes and manifestations of diseases??

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

1) Write a clear note on immunity and vitality?
2) Explain the primary cause of disease and its manifestations?
3) How to conserve vitality?
4) Write the history and philosophy of Dr. Hendry Lindlhar?
5) Write long notes on Exercise in Health and Disease?