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

YNS005-BSS DIPLOMA IN NATUROPATHY

ONE YEAR EXAMINATION NOVEMBER-2025

YNS005-01 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) Consonants are _____ in number

2) The sun _____ in the east.

3) My school is _____ the church.

4) He is running _____ the road.

5) They _____ playing Cricket.

6) _____ You will pass.

7) Call out _____

8) It is believed that _____ Apple _____ day keeps the doctor away.

9) _____ is father of computer

10) I waited for _____ hours

11) I am _____ (eat) food.

12) Keyboard shortcut for UNDO command is _____

13) _____ key I also used for checking spellings.

14) _____ is the father of computer

15) www. means _____

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

1) Define Gender?
2) Define kinds of Adverbs?
3) Define kinds of adjectives?
4) What are the types of Gender?
5) Verb
6) Hardware
7) Digital computer
8) Attrib
9) What is the difference between Copy and Move
10) Briefly explain the table menu in MS Excel
11) Storage device
12) Prepare a leave application to your head of department
13) Noun phrase
14) Define WWW in internet.
15) Define shortcut keys for UNDO and REDO?

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

1) Define what is meant by omission of article?
2) Explain analog and hybrid computer
3) Write short notes on 'macro'
4) Find and replace
5) CPU
6) Write details about Charles Babbage?
7) Define A, B, C in CPR?
8) Define Gender and Types

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

1) Write a letter to your father asking permission join the N.C.C?
2) What are the advantages available in MS-WORD?
3) Write the types of Charts in EXCEL.
4) Prepare an essay on women empowerment
5) Write briefly about MS Excel?

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YNS005-BSS DIPLOMA IN NATUROPATHY

ONE YEAR EXAMINATION NOVEMBER-2025

YNS005-02 SCIENCE & ART OF NATUROPATHY 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) Largest gland in our body is _____

2) _____ is the largest vein in our body.

3) Antiseptic surgery introduced by _____

4) _____ is the study of structure of the body.

5) _____ is the region of the brain which regulate the body temprature.

6) Vertebral column composed of _____

7) The branch of medical science deals with the study of joints is called _____

8) The science of bone is known as _____

9) The largest seasmoid bone is our body is _____

10) In human body _____ vertebrate are in total.

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

1) What is the Artery and Vein?
2) Define the Pericardium.
3) What is the Types of Joints?
4) What is mean by Metabolism?
5) What is the Pancreas and its function?
6) Deifne the The small intestine.
7) Define the Neurone?
8) Define the Connective tissue.
9) Deifne the Spleen.
10) What is the Thalamus & Hypothalamus?

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

1) Describe the Menstruation.
2) Explain the Glands and their secretions.
3) Explain the Joins of the upper limb.
4) Describe the Voluntary muscles.
5) Explain the Pulmonary circulation.
6) Explain The functions of the liver.
7) Explain the Pituitary glands.
8) Explain the uterus.

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

1) Describe the muscles.
2) Write in detail about digestion & absorption of food in our GIT.
3) Name the clotting factors. Describe the mechanism of clotting.
4) Explain types of bones.
5) Explain the functions of Heart?

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YNS005-BSS DIPLOMA IN NATUROPATHY

ONE YEAR EXAMINATION NOVEMBER-2025

YNS005-03 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) Meditation is one of the main techniques in _____ Yoga.

2) Meditation acts on _____ nervous system.

3) Meditation can improve our _____ process.

4) _____ is popular for transcendental meditation.

5) _____ Practice acts on Monomoy kosha

6) Heart rate can be reduced through _____ Practice

7) According to Rishi Patanjali meditaion is the _____ Stage to attain Samadhi

8) _____ posture should be maintain to practice meditation

9) Meditation can change beta wave to _____ in brain.

10) Vipasana is one of the _____ Technique.

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

1) Define Relaxation.
2) Define Attention.
3) Define Dharana.
4) Define Pratyahara.
5) Define Perception.
6) Define Conception.
7) Define Diseases.
8) Define Health.
9) Define Personality.
10) Define Anamaya kosha.

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

1) Explain the Vipasana.
2) Explain the Relaxation technique.
3) What is the Benefit of meditation?
4) Write about the Stress reaction.
5) Explain the Transcendental Meditation.
6) Explain about the Sufi meditation.
7) Explain about the Hypertension.
8) What is the Benefit of Pranayama?

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

1) Describe Hypertension. Write about the clinical features of Stroke. Describe stroke management through yogic concept.
2) What is meditation? Write briefly about Transcendental Meditation.
3) Write about the role of meditation to cure psychosomatic illness.
4) How meditation can be helpful for relaxation? Name some common meditation technique with brief description.
5) What is mental health? Why it is necessary to give attention about mental health to prevent disease?