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

YNS045-BSS DIPLOMA IN YOGA & NATUROPATHY SCIENCE

ONE YEAR EXAMINATION NOVEMBER-2025

YNS045-02 BASIC PRINCIPLES OF 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) _____for the acupuncturists/TCM practitioners, chiropractors and other professionals who completed the survey were very similar(52, IQR46–58).
2) Surveys may produce more informative results if _____in length and complexity.
3) _____ pulse diagnosis has been used in traditional Asian medicine for a long time
4) _____was improved in 14 eyes of 13 patients (15.9%) within both complementary methods
5) _____ is drawn to a treatment with acupuncture
6) Younger and male practitioners were more likely to respond _____
7) A con?rmatory cluster analysis was then undertaken on the basis of these groupings, but did _____ results
8) The _____ were applied by the same certi?ed and experienced acupuncturist (BT).
9) A subjective improvement of visual function, following the acupuncture treatment, was stated by all nystagmus patients
10) Study of cells is _____
11) _____ organ helps in digestion.
12) There are _____ sense organs.
13) _____ organ helps in circulation
14) Acupuncture needles during this period were much _____than most modern ones and often resulted in infection
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) Define re?exive analysis?
2) Write short notes on overall patterns of expectation?
3) Write short notes on obesity and smoking?
4) What is the History of acupuncture?
5) Define Low-frequency electroacupuncture?
6) Define Acupuncture needles?
7) Define Cosmetic acupuncture?
8) Define Stone probe?
9) Define Veterinary acupuncture?
10) Write notes on The acupuncture points st36 (zusanli) and st37 (shangjuxu) ?
11) Define Muscular system?
12) Define Internal energy ?
13) Define Appetite ?
14) What are Root words for size, quality ?
15) What are Root words for positon ?

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

1) Write short notes on Thematic Analysis of Free-Text Responses?
2) Write detail about Treatment of LBP by Acupuncture?
3) Write the list of elements, internal organs and their symbols?
4) Write the locations of small intestine and stomach with draw diagram?
5) Define cardio vascular system. Draw a neat diagram of heart and mention its parts ?
6) Explain Flow of engery in organs is physiology ?
7) Explain Internal Energy – External?
8) Explain Digestive process in Large intestine ?

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

1) Describe about – the cell??
2) Write the functions of the Water element?
3) Define excretory system. Draw a neat diagram of kidney and explain the parts and functions of excretory system?
4) Draw a neat diagram of human skeleton. Briefly explain about the functions of upper limb and lower limb of the human body?
5) Briefly explain the functions of the skin and tongue?

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YNS045-BSS DIPLOMA IN YOGA & NATUROPATHY SCIENCE

ONE YEAR EXAMINATION NOVEMBER-2025

YNS045-03 PRINCIPLES OF YOGA TECHNIQUES,ASANAS & MEDITATION

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 a gesture which controls and channelize the Prana (life force) in a particular way.

2) When umpire says _____everybody twists the palms downwards facing the ground. Yama is mainly classified in _____ characteristics.

3) Steya means "_____", Asteya is the opposite-to take nothing that does not belong to us.

4) _____ is derived from the sanskrit word - prati, meaning 'away' or 'against'and ahara, meaning 'nourishment' or 'food'.

5) The name ... comes from the sanskrit word pada which means 'foot', hasta meaning 'hand' and asana meaning a 'seat' or 'posture'.

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

7) _____ is one word that occurs in every chapter of the Gita

8) Counter pose of Sarvangasana is _____

9) Asana useful in diabetes is –_____

10) Ajna Chakra located_____

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

12) According to Yoga the Raga is_____

13) _____ one comes under Antaranga Yoga

14) _____ is not a Vritti

15) _____ is a part of the eight –fold- path of Patanjali

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

1) Write any six yoga postures being practiced in standing posture?
2) Which are panchapranas? Write a short note on its functions?
3) What are the two major parts of digestive system?
4) Write two important names of Yoga research centers ?
5) During pranayama method write its three yogic names?
6) What can be included in Organizational skills of an entrepreneurship?
7) Write steps to save a Calc document in pdf format?
8) How stress is defined in medical sciences ?
9) Define shatkarma?
10) List the yogic practice to control low - back pain ?
11) Four Streams of Yoga ?
12) Yama and Niyama?
13) what is Dhyana?
14) How does we understand 'Asteya'?
15) Name some Sukshma Vyayama ?

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

1) Explain the importance of practicing Yoga in daily life?
2) What is Pranayama. Write any three Pranayamas and their mode of practice?
3) Describe the preparations, cautions and contraindications for the practice of yoga postures?
4) Define various aspects related to immunity. Describe the process by which the white blood corpuscles help in acquiring immunity?
5) Write the uses of yoga in modern concept?
6) Explain "Dhyana to Samadhi"?
7) Write the importance of Yoga centers?
8) Write in brief about the types of mudras?

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

1) Explain the philosophical ground of the said teachings?
2) Critically evaluate the statement – there is an evolution from the stage of living to eat rather than eating to live among the mankind?
3) Define the functions of respiratory system. Explain the factors that prevent its proper functioning?
4) While defining "Saptang Yoga", Explain its benefits?
5) Define 'Kriya Yoga'. Explain its benefits, classification and methods?

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YNS045-BSS DIPLOMA IN YOGA & NATUROPATHY SCIENCE

ONE YEAR EXAMINATION NOVEMBER-2025

YNS045-04 PRINCIPLES OF NATURE CURE 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) Give the color name used in chromo therapy_____

2) _____is magnet water

3) _____ is solar water

4) Atharvaveda, which is one of the _____ or Hindu sacred books

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

6) Bidi_____ in which tobacco is wrapped in hand-twisted dry leaves

7) _____an association for the protection and welfare of cows

8) _____ physician following Unani system of medicine

9) _____seed of Mowhra tree, Bassia Latifolia

10) _____a tropical tree, Melia Azaderach

11) The path of celibacy (brahmacharya) is as magnificent as it is _____.

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

13) Diseases are _____ so also are the physicians and their treatments

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

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 lep?
2) What is fasting?
3) Define cure?
4) Maintenance of perfect health?
5) Hip bath and sitz bath?
6) Steam baths ?
7) Kuhne's treatment?
8) Salvation?
9) Gallstone ?
10) Dyspepsia ?
11) Tooth-ache ?
12) Ringworm?
13) Rheumatism?
14) Tooth Extraction?
15) Pneumonia?

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

1) Describe the benefits of hydro therapy?
2) Describe the best muds quality?
3) Way to pray?
4) Acute and chronic diseases?
5) Pleurisy?
6) Precautions of Enema?
7) Prakritivignana?
8) Outlines on dravyas?

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

1) Dr. Lue Kuhane?
2) Father Kniep?
3) Write in detail about the basic principles of nature cure and Laws of nature?
4) Treating A Fractured Arm?
5) Elaborate on Astanga of ayurveda?

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YNS045-BSS DIPLOMA IN YOGA & NATUROPATHY SCIENCE

ONE YEAR EXAMINATION NOVEMBER-2025

YNS045-05 TREATMENT METHODS OF YOGA & NATURE CURE 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) The _____ persists for more than three days or keeps coming back.

2) When tendons are injured and become inflamed, it is known as _____.

3) _____ has everything to do with movement, which is one reason that yoga therapy can be effective in helping it.

4) _____: It improves range of motion in the wrist.

5) _____ Pranayama: Strengthens the respiratory system.

6) _____ (Navel Lock): exercises and massages the organs of the digestive system.

7) _____ is one of the most universal problems.

8) _____ headaches are the most common type of primary headache; as many as 90% of adults have had or will have tension headaches.

9) One of the most common, and useful, _____ practices is called nadi shodhana or alternate nostril breathing.

10) _____ are outcome of wrong treatment and suppression of the acute diseases.

11) _____ therapy is very simple and effective treatment modality.

12) _____ is also a modality of Naturopathy and quite essential for maintaining good health.

13) Powders of neem leaves, rose petals and are also used as _____ for massage.

14) A _____ removes facial wrinkles, helps to fill out hollow cheeks and neck and eases stiffness, sore muscles and numbness.

15) _____ of Sun rays have different therapeutic effects.

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

1) Spinal balance?
2) Arm Lifts?
3) Hare/Rabbit Pose?
4) Seated leg raises?
5) Bent knee hamstring stretch?
6) Seated alternate arm raises?
7) Hand clenching?
8) Allergies?
9) Alternate Arm Raises?
10) Mud Pack for Face?
11) Mud Bath?
12) Jetspray massages?
13) The recuperative and healing properties of hydrotherapy?
14) Is Acupressure philosophy and acupoint stimulation based on the same principles? how
15) Chromo Therapy?

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

1) How Yoga can help people heal?
2) How Yoga can be helpful for back pain ?
3) Shining Skull Breath (Kapalabhati Pranayama)?
4) The digestive system ?
5) Uddiyana Bandha (Navel Lock)?
6) Complete Yogic Breath (full yogic breathing)?
7) What are The main features of Naturopathy ?
8) Diet Therapy?

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

1) Yoga for Knee Problems?
2) Yoga Exercises for Arthritis?
3) Yoga Exercises for Allergies and Asthma?
4) Yoga Exercises for Depression and Anxiety?
5) Benefits and Physiological effects of Fasting?