



BHARAT SEVAK SAMAJ

NATIONAL DEVELOPMENT AGENCY, PROMOTED BY GOVERNMENT OF INDIA
CENTRAL BOARD OF EXAMINATIONS
BSS NATIONAL VOCATIONAL EDUCATION MISSION

YNS001-BSS DIPLOMA IN YOGA & NATUROPATHY

TWO YEARS (FIRST YEAR) EXAMINATION NOV-2015

YNS001-01 COMMUNICATIVE ENGLISH AND COMPUTER FUNDAMENTALS

TIME: 3 Hours

Marks: 100

INSTRUCTIONS

- * 33 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

1 x 10 = 10

- 1) A cat isthe table.
- 2) 'Speak' is verb.
- 3) I seen the Tajmahal.
- 4) When you meet him.
- 5) Babu is as Ramu.
- 6) -----is called father of computer
- 7) is a folder, stores the deleted files
- 8)is the most widely used sprea sheet package
- 9) Redo option is in menu
- 10) Ctrl+C is the short cut for.....

II. DEFINE THE FOLLOWING

2 x 10 = 20

- 1) Define formation of noun words?
- 2) What is preposition?
- 3) Define kinds of Adverbs?
- 4) Define vowels?
- 5) Digital computer
- 6) Del Command
- 7) MS Access
- 8) Language
- 9) Auto text
- 10) Briefly explain the table menu in MS Excel

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

- 1) Explain telephone etiquette?
- 2) Spin box
- 3) Work area
- 4) Icons
- 5) Explain RAM and ROM
- 6) Classification of the computer
- 7) Curve Tool
- 8) Causes of respiratory distress

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) Write about the conversation to two person?
- 3) Explain the MS word and its applications
- 4) Explain MS Excel
- 5) Describe the relevance of computerization in hospital field



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TWO YEARS (FIRST YEAR) EXAMINATION NOV-2015

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

TIME: 3 Hours

Marks: 100

INSTRUCTIONS

- * 33 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

1 x 10 = 10

- 1) _____ is the largest vein in our body.
- 2) CSF is secreted by
- 3) A disease in which the hyposecretion of thyroid glands in adult is called.....
- 4) The shortest rib in human body is
- 5) The human skeleton consists of bones
- 6) The study of bone is called
- 7)is a small artery
- 8) The first vertebra is known as.....
- 9) The contraction of the ventricles produces.....
- 10) Ovaries in the females which secreteand.....

II. DEFINE THE FOLLOWING

2 x 10 = 20

- 1) Thyroid gland
- 2) Digestion
- 3) Pericardium
- 4) Liver cirrohsis
- 5) Write about mid brain?
- 6) Explain pulmonary circulation.
- 7) Define Pancha Kosha
- 8) Define Pathya.
- 9) Hormones
- 10) Atlas

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

- 1) Brain ?
- 2) Pneumonia
- 3) Tumors in pituitary gland
- 4) Femur
- 5) Explain the structure of eye
- 6) Functions of skin
- 7) Autonomic nervous system
- 8) Kidneys and their functions

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

- 1) Explain the reproductive system
- 2) Name the clotting factors. Describe the mechanism of clotting ?
- 3) Describe the spinal cord
- 4) Describe the actions of skeletal muscles
- 5) Name the clotting factors. Describe the mechanism of clotting.



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TWO YEARS (FIRST YEAR) EXAMINATION NOV-2015

YNS001-03 DIFFERENT TYPES OF ASANAS TECHNIQUES

TIME: 3 Hours

Marks: 100

INSTRUCTIONS

- * 33 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

1 x 10 = 10

- 1) Meditation acts on nervous system.
- 2) Meditation can change beta wave to in brain.
- 3) posture should be maintained to practice meditation
- 4) According to Rishi Patanjali meditation is the..... Stage to attain Samadhi
- 5) Heart rate can be reduced through Practice
- 6) Practice acts on Monomoy kosha
- 7) is popular for transcendental meditation.
- 8) Meditation is one of the main techniques in Yoga.
- 9) Meditation can improve our process.
- 10) Vipasana is one of the Technique.

II. DEFINE THE FOLLOWING

2 x 10 = 20

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

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

- 1) Hypertension
- 2) Sufi meditation
- 3) Transcendental Meditation
- 4) Vipasana
- 5) Stress reaction
- 6) Benefit of Pranayama
- 7) Benefit of meditation
- 8) Relaxation technique.

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

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



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TWO YEARS (FINAL YEAR) EXAMINATION NOV-2015

YNS001-11 SCIENCE & ART OF YOGA - NUTRITION

TIME: 3 Hours

Marks: 100

INSTRUCTIONS

- * 33 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

1 x 10 = 10

- 1) According to yogic concept.....health is given preference.
- 2) Milk is consider as Pathya.
- 3) Obesity is concerned with dosha.
- 4) pranayama helps to reduce pitta dosha.
- 5) Meditation may cure disorder.
- 6) According to yogic concept.....health is given preference.
- 7) Arthritis is consider as disorder
- 8) Gastritis is due todosha.
- 9) pranayama helps to reduce pitta dosha.
- 10) helps to Focusing mind.

II. DEFINE THE FOLLOWING

2 x 10 = 20

- 1) Attention
- 2) Health
- 3) Pancha Kosha
- 4) Pranayama
- 5) Pathya.
- 6) Attention
- 7) Tridosha
- 8) Health
- 9) Pancha Kosha
- 10) Sathakriya

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

- 1) Dynamic yogic exercises.
- 2) Kapalbhati
- 3) Stress
- 4) Difference between pranayama and breathing exercises.
- 5) Dynamic yogic exercises.
- 6) Pawanmuktasana
- 7) Bandha
- 8) Mudra

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 the character or biological nature according to tridosha.
- 3) What is shatkarma? Write about the role of shatkriya to prevent or to cure diseases.
- 4) Explain how yoga therapy can help to cure stress disorder.
- 5) What is Arthritis? Write about its clinical features and treatment with yogic concept.



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TWO YEARS (FINAL YEAR) EXAMINATION NOV-2015

YNS001-12 DIFFERENT TYPES OF MEDITATION TECHNIQUES

TIME: 3 Hours

Marks: 100

INSTRUCTIONS

- * 33 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

1 x 10 = 10

- 1) Meditation can change beta wave to in brain
- 2) is popular for transcendental meditation.
- 3) Meditation acts on nervous system.
- 4) Meditation can change beta wave to in brain
- 5) posture should be maintained to practice meditation
- 6) According to Rishi Patanjali meditation is the..... Stage to attain Samadhi
- 7) Heart rate can be reduced through Practice
- 8) Practice acts on Monomoy kosha
- 9) is popular for transcendental meditation.
- 10) Meditation can improve our process.

II. DEFINE THE FOLLOWING

2 x 10 = 20

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

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

- 1) Hypertension
- 2) Stress reaction
- 3) Benefit of meditation
- 4) Relaxation technique.
- 5) Sufi meditation
- 6) Transcendental Meditation
- 7) Vipasana
- 8) Benefit of meditation

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

- 1) What is meditation? Write briefly about Transcendental Meditation
- 2) Write about the role of meditation to cure psychosomatic illness.
- 3) What is meditation? Write briefly about Transcendental Meditation
- 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?



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TWO YEARS (FINAL YEAR) EXAMINATION NOV-2015

YNS001-13 PRACTICAL METHODS OF NATURE CARE THERAPY

TIME: 3 Hours

Marks: 100

INSTRUCTIONS

- * 33 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

1 x 10 = 10

- 1) According to Naturopathy accumulatedis the root cause of illness.
- 2) is the father of medicine.
- 3) Abstinence from food is know as
- 4) Partial or complete loss of memory is known as
- 5) Use of water in Naturopathy is known as
- 6) is the father of Naturopathy.
- 7) Abstinence from food is know as
- 8) Red colour has effect on human body.
- 9) Inflammation of gastric mucosa is known as
- 10) Use of water in Naturopathy is known as

II. DEFINE THE FOLLOWING

2 x 10 = 20

- 1) Gastritis
- 2) Chromotherapy
- 3) Enema
- 4) Fasting
- 5) Anorexia
- 6) Diseases
- 7) Gastritis
- 8) Chromotherapy
- 9) Personality
- 10) Anorexia

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

- 1) Jaundice
- 2) Amino acid
- 3) Colitis
- 4) Massage
- 5) Benefit of water.
- 6) Jaundice
- 7) Amino acid
- 8) Massage

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

- 1) What is the benefit of Exercises? Describe one specific type of exercise method used in Naturopathy.
- 2) What is Juice fasting? Describe its value and Procedure of raw juice fasting.
- 3) What is Dyspepsia? How you can treat a patient with the concept of Naturopathy procedure who is suffering from Dyspepsia.
- 4) What is Juice fasting? Describe its value and Procedure of raw juice fasting.
- 5) What is Dyspepsia? How you can treat a patient with the concept of Naturopathy procedure who is suffering from Dyspepsia.