

**BACHELOR OF PHYSIOTHERAPY
FIFTH SEMESTER
ALTERNATIVE MEDICINE
BPT - 704
[USE OMR SHEET FOR OBJECTIVE PART]**

**SET
A**

Duration: 3 hrs.

Full Marks: 70

Time: 30 min.

(Objective)

Marks: 20

Choose the correct answer from the following:

1×20=20

- Which is not a south pole magnets characteristics?
 - Hernia
 - Sharp pain
 - Insomnia
 - None Of The Above
- Yoga is Science of?
 - Art Healing
 - Therapeutic Exercise
 - Right living
 - Movement Healing
- Madhava Nidana is a 12 Century book which deals with which of the following?
 - Diagnosis
 - Surgery
 - Botanical Drugs
 - Massage
- Who define Yoga as a way of life?
 - Swami Gitananda
 - Maharishi Patanjali
 - Sadhguru
 - Baba Ramdev
- Who wrote first regarding Ayurveda & its concept?
 - Charaka
 - Patanjali
 - Dhanvantri
 - Sushruta
- The meaning of 'Mudras and Bandhas' is?
 - Yin and Yang
 - Seal and Lock
 - Force and Life
 - Power & Lock
- Pattabhi Jois is related to which of the following?
 - Pranayama
 - Ashtanga Yoga
 - Vipassana
 - Naturopathy
- The Term Sukshama and Kriya refer to means?
 - Mental Awareness
 - Postural Awareness
 - Peaceful Living
 - Subtle Action
- M.K.Gandhi newspaper Harijan postulated which propaganda in India?
 - Yogic Philosophy
 - Vipassana
 - Ayurveda
 - Naturopathy

10. The International Day of Yoga is celebrated on which date every year?
 - a. 21 June
 - b. 29 June
 - c. 29 September
 - d. 21 September
11. Which Fundamental Principles helps Gradual Progression of exercise Intensity?
 - a. Individualization
 - b. Regularity
 - c. Progressive Overload
 - d. Specificity
12. Yogic Exercise focuses on the Combination of?
 - a. Asanas and Pranayama
 - b. Yama and Niyama
 - c. Mudras and Bandhas
 - d. Shat Kriya
13. Reiki is a Japanese word where "Rei" denotes which of the following?
 - a. Power
 - b. Soul
 - c. Life energy
 - d. Universal
14. Other name of 'Setu Bandhasana' poses?
 - a. Corpse Pose
 - b. Tree Pose
 - c. Cobra Pose
 - d. Bridge Pose
15. Which of the following is the lesser popular form of Tai Chi?
 - a. Yang
 - b. Sun
 - c. Hao
 - d. Chen
16. National Naturopathy Day is observed on which date?
 - a. 28 September
 - b. 18 October
 - c. 18 November
 - d. 28 November
17. Physiotherapy and yoga, forms the basis of?
 - a. Health and Life Practices
 - b. Holistic mind-body practices
 - c. Breathing and Exercise form of practices
 - d. Meditation and relaxation Practices
18. Anjali Mudra is another name of which Surya Namaskar Pose
 - a. Uttanasana
 - b. Dandasana
 - c. Pranamasana
 - d. Bhujangasana
19. Who is the author of 15th Century Classic Sanskrit book Hatha Yoga Pradipika?
 - a. Vamana Rishi
 - b. Maharishi Vashistha
 - c. Swami Sivananda
 - d. Swami Swatamarama
20. What is the magnetic field of the earth?
 - a. 0.5 Gauss
 - b. 50 Gauss
 - c. 1 Gauss
 - d. 5 Gauss

(Descriptive)

Time : 2 hrs. 30 min.

Marks : 50

[Answer question no.1 & any four (4) from the rest]

1. How naturopathy evolved in India? What are the salient features of Naturopathy? Give a brief account on Fasting Therapy. 2+4+4=
10
2. Define any 4 Suriya Namaskar Postures and explain its Procedures, Benefits and Risk Factors? 4+6=10
3. Discuss basic doctrine principles of Ayurveda. What are the principles of Tai Chi? 6+4=10
4. What is Yoga? Define its principles and Techniques and its basic Yogic Postures? 2+3+5=
10
5. Elaborate mechanism of action of Reflexology. Write the history behind reflexology in detail. 5+5=10
6. Explain the Applications of Yoga in Personality Development, Stress Management and Disease prevention and Cure 4+4+2=
10
7. Write the Comparative Guidelines between Physical exercise and Yogic exercise? And also explain the principles of exercise therapy and Yogic Application 5+5=10
8. What is Uddiyana Bandha? Explain Ujjayi Pranayama in detail. 4+6=10

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