

VIJAYDURGA (2012 COURSE) : SUMMER – 2017
SUBJECT : PAPER – I : VAIYAKTIKA SWASTHAVRITTAM SADVRITTAM CHA
(PERSONAL HYGIENE AND MORAL CONDUCT)

Day : _____
Date : Monday
19/06/2017

Time : 10.00 AM TO 01.00 PM
Max. Marks : 100

N. B. :

- 1) Figures to the right indicate **FULL** marks.
- 2) Answers will be valued as a whole.

Long Answer Questions (ANY THREE out of FOUR) (3 × 20 = 60 Marks)

- Q. 1 Describe Trayopsathambha in detail and write their effect and role in maintenance of health.
- Q. 2 Write concept of Holistic health according to Ayurveda and describe parameters of Health.
- Q. 3 Explain Ritucharya and write in detail about ritucharya of Grishma and Varsha Ritu.
- Q. 4 Elaborate the concept of Rasayana and Vajikarana for Swastha and its importance in prevention of diseases.

Short Answer Questions (ANY TWO out of THREE) (2 × 10 = 20 Marks)

- Q. 5 Explain Achar rasayana and Nitya rasayana in detail.
- Q. 6 Write about Pros and Cons of vegetarian and non-vegetarian foods in detail.
- Q. 7 Describe Aahar vargas and their comparison with today's food items in detail.

Short notes (ANY FOUR out of FIVE) (4 × 5 = 20 Marks)

- Q. 8 Balanced diet for healthy adult
- Q. 9 Vyayama
- Q.10 Botulism
- Q.11 Viruddha Ahara
- Q.12 Dantadhavana

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VIJAYDURGA (2012 COURSE) : SUMMER – 2017
SUBJECT : PAPER – II : SAMAJIKA SWASTHAVRITTAM
(COMMUNITY HEALTH)

Day : Tuesday
Date : 20/06/2017

Time : 10.00 AM TO 01.00 PM
Max. Marks : 100

N. B. :

- 1) Figures to the right indicate **FULL** marks.
 - 2) Answers will be valued as a whole.
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Long Answer Questions (ANY THREE out of FOUR) (3 × 20 = 60 Marks)

- Q. 1** What is Ergonomics? Write about occupational hazards, its prevention and mention role of Ayurveda in occupational health.
- Q. 2** Write life style disorders and explain any one in detail.
- Q. 3** Write importance, requirements, properties, types, sources of water with water pollution and health hazards. Describe methods of water purification at large scale in detail.
- Q. 4** Describe school health services and possible contribution of Ayurveda in detail.

Short Answer Questions (ANY TWO out of THREE) (2 × 10 = 20 Marks)

- Q. 5** Write in detail about Demography and Family planning. Explain National Population Policy.
- Q. 6** What is Medical Entomology? Write in detail about Arthropods of medical importance and their control measures.
- Q. 7** Describe Disinfection practices for community according to modern science and Ayurveda.

Short notes (ANY FOUR out of FIVE) (4 × 5 = 20 Marks)

- Q. 8** BCG Vaccine
- Q. 9** Composting
- Q.10** Medical Sociology
- Q.11** Importance of Light
- Q.12** Ayurvedic resort and wellness management

RAVI- 2012 COURSE): SUMMER 2017
SUBJECT: PAPER-II: SWASTHA VRITTA AND YOGA

Day: Wednesday
Date: 21/06/2017

Time: 10.00 AM TO 01.00 PM
Max. Marks: 100

N.B.:

- 1) All questions are **COMPULSORY**.
- 2) Figures to the right indicate **FULL** marks.
- 3) Draw neat and labeled diagrams **WHEREVER** necessary.
- 4) Answers to both the sections should be written in the **SEPARATE** answer book.

SECTION-I

- Q.1** Explain classification of food according to Ayurved and modern Science. Give importance of pathya and Apathya in maintenance of health and prevention / management of diseases with example. [15]
- Q.2** Define Nisargopchara. Name various pioneers of Nisargopchara and explain principle's of Nisargopchara. [15]
- Q.3** Explain Varsha rutucharya in detail. [10]
- Q.4** Write short notes any **TWO** of the following: [10]
- a) Rasayana in Geriatric care
 - b) Brahmacharya
 - c) Relationship of Bala and Health

SECTION-II

- Q.5** Write about Sources, impurities and qualities of safe drinking water. Explain concept of Hardness of water in detail. [15]
- Q.6** Define Janapadodhwamsa. Write about its causes and tools prevention in detail. [15]
- Q.7** Write about Bio-medical waste management. [10]
- Q.8** Write short notes on any **TWO** of the following: [10]
- a) Isolation and Quarantine
 - b) National Iodine deficiency disorder control programme
 - c) National population policy

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VIJAYDURGA (2012 COURSE) : SUMMER – 2017
SUBJECT : PAPER – III : SAMKRAMAK ROGA PRATISHEDHAM
EVAM SWASTHYAPRASHASANAM
(EPIDEMIOLOGY AND HEALTH ADMINISTRATION)

Day : Thursday
Date : 22/06/2017

Time : 10.00 AM TO 01.00 PM
Max. Marks : 100

N. B. :

- 1) Figures to the right indicate **FULL** marks.
- 2) Answers will be valued as a whole.

Long Answer Questions (ANY THREE out of FOUR)

(3 × 20 = 60 Marks)

- Q. 1 Describe about tetanus, its causative factors, modes of transmission, clinical features, types, management and preventive measures in detail.
- Q. 2 Explain in brief about national and international health agencies. Write about their current activities, role in disease prevention and control at community level.
- Q. 3 Give details about STD's from Ayurvedic as well as modern perspectives and write about preventive measures adopted for control of STD's.
- Q. 4 Write concept of Vyadhi kshamatva (Immunity) as per Ayurveda and modern science. Give details of methods adopted in Ayurveda and modern science to enhance the immune status of the person.

Short Answer Questions (ANY TWO out of THREE)

(2 × 10 = 20 Marks)

- Q. 5 Write about AYUSH, NRHM administration and functions, programmes.
- Q. 6 Describe dynamics of disease transmission and its role in prevention of diseases with suitable examples in detail.
- Q. 7 Explain Bio-medical waste management and its importance in prevention of diseases.

Short notes (ANY FOUR out of FIVE)

(4 × 5 = 20 Marks)

- Q. 8 Vital statistics
- Q. 9 Ayurvedic view of Samkramaka rogas
- Q.10 Disaster Management
- Q.11 Vision 2020
- Q.12 Health Administration under ministry of H and FWD.

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VIJAYDURGA (2012 COURSE) : SUMMER – 2017
SUBJECT : PAPER – IV : YOGA

Day : Friday
Date : 23/06/2017

Time : 10.00 AM TO 01.00 PM
Max. Marks : 100

N. B. :

- 1) Figures to the right indicate **FULL** marks.
 - 2) Answers will be valued as a whole.
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Long Answer Questions (ANY THREE out of FOUR) (3 × 20 = 60 Marks)

- Q.1 Write classification of Shatkriyas and describe procedures of Dhauti, Neti and Basti with their effects.
- Q.2 Write details about various schools of yoga and explain Patanjali Yoga Sutra's in detail.
- Q.3 Describe therapeutic utility of Nisargopchar (Naturopathy) in life style disorders.
- Q.4 Write about interventions of yogic practices in Diabetes, Hypertension and Obesity in detail.

Short Answer Questions (ANY TWO out of THREE) (2 × 10 = 20 Marks)

- Q.5 Write therapeutic effects Massage and write about indication and contraindications of massage.
- Q.6 Define Chromotherapy. Give details about its method, indications, contra-indications, effects and therapeutic utility of Chromotherapy.
- Q.7 Explain the concept of Sthula, Sukshma and Karna Sharira.

Short notes (ANY FOUR out of FIVE) (4 × 5 = 20 Marks)

- Q.8 Kundalini Yoga
- Q.9 Naishthiki Chikitsa
- Q.10 Yogic practices in musculo-skeletal disorders
- Q.11 Ashta Aishwarya and Ashta Siddhi
- Q.12 Mayurasana

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