


Name:			
Enrolment No:			
<div>UPES</div> <div>End Semester Examination, May 2025</div> <div><div>Course: Holistic Nutrition and Wellness</div><div>Program: M.Sc. in Nutrition and Dietetics</div><div>Course Code: HSND7021P</div></div> <div><div>Semester: II</div><div>Duration: 3 Hours</div><div>Max. Marks: 100</div></div> <div>Instructions: Please read all the questions carefully.</div>			
S. No.	Section A Short answer questions/ MCQ/T&F (20Qx1.5M= 30 Marks)	Marks	COs
Q 1	Which Dosha is primarily responsible for movement and communication in the body? a) Pitta b) Vata c) Kapha d) Rasa	1.5	CO1
Q 2	The primary aim of Ayurveda is to: A. Treat diseases B. Maintain a balance of the body, mind, and spirit C. Cure infections D. Focus on mental health	1.5	CO1
Q 3	The practice of individualized treatment in Homeopathy is based on: A. Standardized drug dosages B. Physical symptoms alone C. Treating the individual as a whole D. Treating the disease only	1.5	CO4
Q 4	In Homeopathy, the principle of “like cures like” means that: A. Diseases are treated by similar symptoms B. Remedies are based on the same symptoms as the disease C. Medicines should be the opposite of the disease D. Only natural remedies are used	1.5	CO1

Q 5	Vata dosha is associated with the qualities of dryness, coldness, and mobility – True/False:	1.5	CO2
Q 6	Which limb of Ashtanga Yoga focuses on self-discipline and personal ethics? a) Yama b) Niyama c) Pranayama d) Dhyana	1.5	CO1
Q 7	Pitta dosha is primarily linked with fire and governs metabolism and digestion – True/False	1.5	CO2
Q 8	One of the main therapeutic uses of Hydrotherapy is: A. To detoxify the body B. To improve digestion C. To improve circulation and relieve stress D. To increase body temperature	1.5	CO2
Q 9	Which classification of Ahar is known for promoting clarity, calmness, and purity? a) Tamasic b) Rajasic c) Sattvic d) None of the above	1.5	CO2
Q 10	Mud therapy in Naturopathy helps in detoxification and skin rejuvenation by using the properties of mud to absorb toxins.	1.5	CO1
Q 11	The term Tridosha refers to: A. The three elements B. Three types of food C. Three doshas or bioenergetic forces D. Three types of medicines	1.5	CO1
Q 12	Which of the following Rasas helps pacify Vata Dosha? a) Amla (Sour) b) Tikta (Bitter) c) Kashaya (Astringent) d) Madhura (Sweet)	1.5	CO1
Q 13	Which of the following is an example of a Naturopathy therapy? A. Hydrotherapy B. Chemotherapy C. Surgery D. Radiation therapy	1.5	CO2
Q 14	In the theory of holism, health is seen as: A. Focusing only on physical symptoms	1.5	CO4

	B. A balance of mind, body, and spirit C. A focus on medication D. A reductionist approach to health		
Q 15	The concept of vitalism in Naturopathy suggests that: A. Health is determined solely by genetics B. Life is governed by a vital force or energy C. Diseases are purely physical D. Nutrition is irrelevant to health	1.5	CO4
Q 16	Pitta dosha is primarily associated with the element: A. Air B. Fire C. Earth D. Water	1.5	CO2
Q 17	The focus of Ashtanga Yoga is: A. Mindfulness B. Breath control and physical postures C. Mental relaxation alone D. Meditation and chanting	1.5	CO4
Q 18	In Homeopathy, the preparation of remedies typically involves: A. Potentization B. Crushing and grinding herbs C. Surgical procedures D. Using chemical compounds	1.5	CO2
Q 19	In Panch-Mahabhuta theory, earth is related to: A. Water B. Space C. Fire D. Kapha	1.5	CO1
Q 20	Prakriti assessment in Ayurveda helps in: A. Identifying an individual's ideal diet and lifestyle B. Diagnosing a disease C. Treating infections D. Understanding spiritual wellness	1.5	CO2
Section B (4Qx5M=20 Marks)			
Q 1	Explain the fundamental principles of Siddha medicine and how they guide the diagnosis and treatment of various diseases.	5	CO1

Q 2	Explain the concept of Hydrotherapy in Naturopathy. Discuss its therapeutic uses, particularly for improving circulation and relieving stress.	5	CO2
Q 3	Define Homeopathy and explain its fundamental principle of "like cures like." How does this principle guide the treatment process in Homeopathy?	5	CO4
Q 4	Explain the relation between Tridosha (three regulatory functional factors of the body) and Panch-Mahabhuta (Five basic elements)	5	CO2
Section C (2Qx15M=30 Marks)			
Q 1	Define Yoga and discuss its holistic approach to physical, mental, and spiritual well-being. Explain the eight limbs of Ashtanga Yoga in detail, highlighting their significance and practical applications in daily life.	15	CO2
Q 2	Explain the significance of Asta Aahar Vidhi (Eight Dietary Principle) in maintaining a healthy digestive system.	15	CO2
Section D (2Qx10M=20 Marks)			
Q 1	Discuss the core theories in Naturopathy, including the concepts of vitalism, the healing power of nature, and the importance of treating the root cause.	10	CO1
Q 2	Discuss the Ayurvedic practice of Dinacharya (Day regimen) , Ratricharya (Night regimen) , and Ritucharya (Seasonal regimen) . How do these daily, nightly, and seasonal routines help in maintaining physical and mental health?	10	CO2

