

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
A Deemed to be University established under Section 3 of the UGC Act, 1956

Program: BSc (Yoga Therapy)
Subject Name: Samskritam
Sem Period: August, 2024 – December, 2024
Date: 04.12.2024
Examination Mode: Back Paper

Semester: 2nd Semester Back
Subject Code: BSYTT 201
Batch: Sep, 2021
Time: 09.45 am to 12.45 pm
Max. Marks: 100

General Instructions:

1. Read all the questions carefully and then start writing
2. Do not write anything on the question paper
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Reg No:

Multiple Choice Questions (Attempt All) – 1 Mark for each Question **10 *01 =10 Marks**

1. नापितः means
a. Painter
b. Barber
c. Politician
d. Doctor
2. नटः means
a. Actor
b. Director
c. Producer
d. Cricketer
3. Which of the following is not a hard consonant (कर्कश व्यंजन)?
a. च
b. छ
c. ज
d. श
4. Which of the following is a mahaprana (महाप्राण)?
a. च
b. छ
c. ज
d. म
5. Which one does not belong to पवर्ग?
a. व
b. य
c. फ
d. भ
6. अशीतिः means
a. Eight
b. Eighty
c. Eight hundred
d. Eighty Eight
7. Four in *Samskritam* is written as:
a. चत्वार
b. चत्वारि
c. चातस्रः
d. All the above
8. Sixteen in *Samskritam* is written as:
a. षट्
b. अष्ट
c. षष्टिः
d. षोडश
9. सौम्यवासरः means
a. Monday
b. Tuesday
c. Wednesday
d. Thursday
10. मधुकर्कटि means
a. Grapes
b. Papaya
c. Honey
d. Carrot

Short Notes (Attempt any Ten) – 2 Marks for each Question**10 *02 =20 Marks**

11. How many *vachanas* are there? Enlist them with examples.
12. Write *ushma varnas* in *devanagari* script.
13. What are *ayogavahas*?
14. What are *anunasika vyanjanani* (nasals)? Write them.
15. Write names of any 5 things of daily use in *Sanskritam*.
16. What is *samasah*?
17. Define *vibhakti*.
18. Write any one *shloka* with meaning.
19. What is *lakara*. What are its types?
20. How many *karaka* are there? Mention the names.
21. How many *lingas* are there? Enlist them with examples.
22. Define *sandhi* and mention its types.

Short Essay (Attempt any Six) – 5 Marks for each Question**06 *05 =30 Marks**

23. Write the story of *Panini*.
24. Write in detail about the uniqueness and importance of *sanskritam*.
25. What are *kanthya*, *talavya*, *moordhanya*, *dantya* and *oshthya*?
26. Explain *Maheshwara sutra*.
27. Write the sentence using these words: अत्र, तत्र, अन्यत्र, सर्वत्र, एकत्र
28. Mention all the names of the days of a week in *Sanskritam*.
29. Write any 10 *Sanskritam* words with its meaning and plural form.
30. Write conjunct letters combo (consonants+vowels) for these letters: क्, ट्, स्, द्, ल्

Long Essay: (Attempt any four) – 10 Marks for each Question**04* 10 =40 Marks**

31. Write the numbers from 1 to 100 in *Sanskritam*.
32. Make a sentence for all nine formations of any chosen 3 verbs.
33. What is *swara sandhi*? Explain its types with examples.
34. Write the whole *Sanskritam Varnmala*.
35. Write the time for the following in *Sanskritam*: 4:00, 4:05, 4:10, 4:15, 4:20, 4:25, 4:30;4:35, 4:40, 4:45, 4:50, 4:55.
36. Mention all the 24 declensions for any three given words: राम, गुरु, सीता, अस्मद्, बालक, लता

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Program: BSc (Yoga Therapy)
Subject Name: Patanjali Yoga Darshana – I
Sem Period: Aug, 2024 – Dec, 2024
Date: 02.12.2024
Examination Mode: Back Paper

Semester: 2nd Semester Back
Subject Code: BSYTT 202
Batch: August, 2023
Time: 09.45 am to 12.45 pm
Max. Marks: 100

General Instructions:

Reg No:

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Objective Types (Attempt All) – 1 Mark for each Question

10 *01 =10 Marks

1. Asper Sankhya Yoga the evolutes of *Prakruti* are _____ *tatvas* in total.
2. *Videha* and *Prakrutilaya* are in _____ of *Asampragyata Samadhi*.
3. _____ & _____ are called *Pramana vritti*.
4. *Satva* -guna is dominant in _____ & *Tamo* guna dominant in _____ state of *Chitta*.
5. *Dharana*, *Dhyana*, and *Samadhi* are means of *bahiranga* to _____ *Samadhi*.
6. _____ is the mother of all other 4 *Kleshas*.
7. _____ is cause of *Avidhya*.
8. _____ are considered as *Bahiranga Yoga*.
9. Main function of *Drishyam* is giving _____ to *Purusha*.
10. Author of *Tattva Vaiśārādī* _____ and *Raaja Martanda* _____.

Short Notes (Attempt any Ten) – 2 Marks for each Question

10 *02 =20 Marks

11. *Sutra*
12. *Tanmatras*
13. *Dharana*
14. *Brahmacharya*
15. *Karuna*
16. *Ashaya*
17. *Drishyam*
18. *Avidya*
19. *Soucha*
20. *Drishyam*
21. *Vashikara sanjna*
22. *Ritambhara Prajnana*

Short Essay (Attempt any Six) – 5 Marks for each Question

06 *05 =30 Marks

23. What are *Heyam, Heya-hetu, Hanam and Hanopaya*
24. Pranayama according to Patanjali with Sutras
25. Asana according to Patanjali with Sutras
26. *Pancha Kleshas*
27. *Chitta Vikshepas and Saha bhavas*
28. *Chitta Bhumis*
29. *Samprajnata vs Asampragyata* Samadhi
30. How *Viveka Khsati* is the means of liberation?

Long Essay: (Attempt any Four) – 10 Marks for each Question

04* 10 =40 Marks

31. Explain concept of *Iswara* and the process of *Iswarapranidhana* in details with sutras.
32. What is *Kriya Yoga*, explain with Sutras in details.
33. Explain various levels of Samadhi as explained by Patanjali Maharshi.
34. Explain the Five techniques of *Chitta Prashadanam* with sutra in details.
35. Explain the Five *Yamas* and Five *Niyamas* with their benefits you will get after getting perfections in them.
36. Explain the three causes of Suffering how everything is *Dukhamaya* (suffering) for a *Viveki* person.

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Program: BSc (Yoga Therapy)
Subject Name: Human System According to Yoga
Sem Period: Aug, 2024 – Dec, 2024
Date: 02.12.2024
Examination Mode: Back Paper

Semester: 2nd Semester Back
Subject Code: BSYTT 201
Batch: August, 2023 & Aug, 2022
Time: 09.45 am to 12.45 pm
Max. Marks: 100

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Objective Types (Attempt All) – 1 Mark for each Question

10 *01 =10 Marks

1. ___ is the founder of Samkhya philosophy.
2. There are ___ gunas in every man.
3. ___ guna makes a man ignorance and lazy.
4. ___ Chakra is the seat of kundalini
5. ___ elements represent the solid state of matter.
6. ___ and Samkhya are said to be sister philosophy.
7. Which holds or supports of the body is ____.
8. Titiksha means ____.
9. Excretion is the function of ___ prana.
10. ___ Chakra is known as hruday chakra.

Short Notes (Attempt any Ten) – 2 Marks for each Question

10 *02 =20 Marks

11. What are the Sadhanachatustaya?
12. What is gross body?
13. Name the Five elements.
14. Write about navel Chakra.
15. What is Nadi?
16. Introduction on Panchakosha.
17. What are the function of Vishuddhi chakra?
18. What is Kundalini?
19. What is Mandala?
20. Write the nature of Prakriti.
21. Write about Vyanaprana.
22. Write down the importance of swara yoga.

Short Essay (Attempt any Six) – 5 Marks for each Question

06 *05 =30 Marks

23. Creation and concept of Mandala.
24. Details on Manipura chakra.
25. Concept of Upa-prana.
26. Details on eight folds of buddhi.
27. Explain the 9 obstacles in the path of yoga.
28. Characteristics of Purusha and Prakriti.
29. Details on Pranamaya kosha.
30. Details on Sapta dhatu.

Long Essay: (Attempt any Four) – 10 Marks for each Question

04* 10 =40 Marks

31. Details on Five layers of human existence.
32. Concept of Nadis
33. Write down the process evolution according to Samkhya.
34. Details on Panchakosha concept
35. Details on Swarayoga
36. Details on Vijnanamaya kosha.

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Program: BSc (Yoga Therapy)
Subject Name: Cultural History of India
Sem Period: Aug, 2024 – Dec, 2024
Date: 03.12.2024
Examination Mode: Arrear

Semester: 2nd Semester Back
Subject Code: BSYTT 204
Batch: August, 2023
Time: 09.45 am to 12.45 pm
Max. Marks: 100

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Objective Types (Attempt All) – 1 Mark for each Question

10 *01 =10 Marks

1. In which age/era were crude weapons made by shredding the sides of a stone?
2. Definition for the term 'Agama'
3. In which year was the Pallava dynasty founded, and who was its founder?
4. The names of the sectors within the economy?
5. Who is referred to as Bharat in historical context?
6. In which year did the Rashtrakuta dynasty have its founding and who was its founder?
7. Ancient India education system
8. Where was the Great Bath located within the Indus Valley Civilization?
9. The importance of the word 'Tantra'
10. Indian society

Short Notes (Attempt any Ten) – 2 Marks for each Question

10 *02 =20 Marks

11. What is the number of divisions in the Yajur-Veda, and what are the names of those divisions?
12. What are the divisions of the Veda that categorize and separate its subject matter?
13. Cultural Artefacts
14. Pushyabhuti Dynasty
15. Ancient Indian education system
16. Jalianwalabagh massacre in 1919
17. Unemployment
18. Geography of Ancient India
19. What types of carved figurines were discovered in the Indus Valley Civilization?
20. Salt satyagraha 1930
21. Science in Sanskrit
22. The cultural India

Short Essay (Attempt any Six) – 5 Marks for each Question

06 *05 =30 Marks

23. What is the concept or issue referred as the 'Aryan problem'?
24. What are the Tantras, and what are the problems with that Tantras?
25. Describe the Great Revolt of 1857
26. Explain the Indian Economy
27. Describe the Levels in education system
28. Describe the Importance of Ancient Dynasties
29. Describe the 18 Puranas and its essence.
30. Explain the power of Judiciary

Long Essay: (Attempt any Four) – 10 Marks for each Question

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31. Write a brief note on the prehistoric period in India
32. Elaborate on the Agama texts, detailing their four parts, branches, and associated literature.
33. What is the significance of the Vijayanagara dynasty in the history of South India?
34. What ways has the Sanskrit language influenced the world?
35. Write an explanation of the independence movements in India
36. Explain the essence of Bharatiyata or Sanatana Dharma, highlighting its foundational principles and cultural significance within Indian civilization

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