

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: Basis of Yoga
Sem Period: March, 2024 – July, 2024
Date: 23.07.2024
Examination Mode: Back Paper

Semester: 1st Semester
Subject Code: BSYTT 103
Batch: August, 2023
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
3. Write your registration number on the rectangular space provided here

Reg No:

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

10 *01 =10 Marks

1. the quintessence of the Vedas
2. Creativity and will-power are the two aspects of the mind which come under the head of
3. Patanjali yoga is one among the six systems of Indian philosophy known as
4. Freedom is expansion to
5. Happiness is in
6. The minor Smriti Prasthanas are manu smriti and
7. Kena Upanisad defines Brahman as the state of, the source of the mind.
8. Vikalpa is
9. The control of emotions is done by the path of
10. Yujyate anena iti yogah : joining with Jivatma and

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

10 *02 =20 Marks

11. Name 4 special feature of common to animal and man.
12. How happiness varies under three conditions.
13. Explain mind according to Patanjali.
14. What is Stitha prajna?
15. Explain what are the five-level emphasized by Sri Aurobindo.
16. Definitions of Yoga (Bhagavad Gita)
17. What are the 5 chitta bhumis?
18. What are the four quality that we get from the state of silence
19. What is Raja yoga?
20. What are the two vital parts of education according to Swami Vivekananda?
21. What are the six enemies of a man?
22. Name the Prasthanas

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

06 *05 =30 Marks

23. Draw and explain a graph of Law of diminishing returns with the help of story.
24. Explain special feature of man with shloka.
25. Write the story of women liberation and students freedom.
26. Explain Archimedes story.
27. What is Happiness? Explain with one example.
28. Explain development at the intellectual level
29. Write about the features of an ideal body brought out by yoga.
30. Write the story of old lady.

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

04* 10 =40 Marks

31. Write about Creativity, New Horizon.
32. Write the Priya's story with its conclusion.
33. Explain Astanga yoga.
34. Explain integrated personality development with spiritual growth.
35. Explain Visaya-Visayi-Sambhoga with the help of Kanyakumari story.
36. Explain in detail about "The yoga way of life and society"

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Program: BSc (Yoga Therapy)
Subject Name: Samskritam
Sem Period: March, 2024 – July, 2024
Date: 22.07.2024
Examination Mode: Back Paper

Semester: 1st Semester
Subject Code: BSYTT 101
Batch: August, 2023
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
3. Write your registration number on the rectangular space provided here

Reg No:

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

10 *01 =10 Marks

Question: Convert the following English words into Sanskrit

1. Window
2. White board
3. Pen
4. Phone
5. Blackboard
6. Keys
7. bulb
8. tube light
9. glass
10. spoon

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

10 *02 =20 Marks

11. What is the ह्रस्व स्वर And दिर्घ स्वर
12. Choose any verb and frame the verb formation.
13. Give the two examples of each gender.
14. Enlist 10 verbs.
15. Write the shloka related with 10 upanishads
16. राजपत्नी गुरोः पत्नी.....Complete the subhashita
17. Give a short introduction about yourself.
18. Translate this sentence - मम नाम रामः ।
19. What are Anuswaara and visarga.
20. Write the plural forms for these words – वृक्षः । कूपी । फलम्
21. Backside of the temple – translate into samskritam
22. Write two lines about Samskritam in samskritam.

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

23. Write the time for the following in samskritam – 7:00, 7:05, 7:10, 7:15, 7:20, 7:25, 7:30, 7:35, 7:40, 7:45, 7:50, 7:55
24. Write down the names of any 20 material things.
25. Write the combination of vowels and consonants for म । प । व । क । च
26. What are kanthya, talavya, moordhanya, dantya and oshtya.
27. What are अयोगवाः explain in detail.
28. Use the following and make sentences in sanskrit – सीता । जलं । उद्यानम् । पुस्तकं । मंदिरं
29. What are अल्पप्राण व्यंजनानि । महाप्राण व्यंजनानि
30. रामो राजमणिः सदा.....complete the shloka and write the meaning of it.

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

31. Write any three subhashitas with word to word meaning and the gist in your own words.
32. Write 10 lines about Yoga in Samskritam in your own words.
33. Frame the 9 verb formations for the following: गच्छति । खादति । पिबति । हसति । वदति
34. Write the story of Panini. Write the maheshwara sutras and explain the relationship between अच् हल् and maheshwara sutras.
35. Write 10 lines about Bharata desha in Samskritam in your own words.
36. Write the shabdaroopas for all the following nouns
अकारान्तः पुल्लिङ्गः रामः शब्दः
आकारान्तः स्त्रीलिङ्गः सीता शब्दः
उकारान्तः नपुंसक लिङ्गः मधु शब्दः