

# SWAMI VIVEKĀNANDA YOGA ANUSANDHĀNA SAMSTHĀNA

स्वामी - विवेकानन्द - योगानुसन्धान - संस्थानम्

A University, established under Section 3 of the UGC Act, 1956  
(Eknath Bhavan, # 19, Gavipuram Circle, Kempegowda Nagar, Bangalore 560 019, India)

## MSC T 303: Study of Indian and western philosophies

Date: 06.12.2011

Time: 10.00 - 01.00pm

Marks:100

### I. Answer in one line

5X1=5

1. Which are the two divisions of Indian Philosophies?
2. What are the Noble truths from Buddha?
3. Who has the principle of Saptabhangi?
4. Who does not accept the existence of space?
5. Name all the AstikaDarshanas.

### II. Fill the blanks

5X1=5

1. According to \_\_\_\_\_ Philosophy soul is finite and infinite.
2. Buddhism believes the world as \_\_\_\_\_ and \_\_\_\_\_.
3. \_\_\_\_\_ does not accept rebirth.
4. Charvaka system accepts four elements: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.
5. Five Mahavratasare \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

### III. Match the followings

10X ½ =5

- |                 |                   |
|-----------------|-------------------|
| 1. Prakriti     | a. atomic theory  |
| 2. Kanada       | b. Buddha         |
| 3. Charvaka     | c. Yoga           |
| 4. Vedanta      | d. Guna           |
| 5. Noble truths | e. Rituals        |
| 6. Kaivalya     | f. nivrittimarga  |
| 7. Maya         | g. Triguna        |
| 8. Padarthas    | h. Bhoga          |
| 9. Purvamimamsa | i. prasthanatraya |
| 10. Jnanakanda  | j. Vedanta        |

**IV. Explain the following in three paragraphs(any 3)**

**3X15=45**

1. AstikaDarshana and its branches
2. NastikaDarshana and its branches
3. Similarities and distinctions of Astika and NastikaDarshanas
4. The modern world is following Charvaka philosophy – state the statement with logics
5. Definition of Hindu according to Indian Constitution

**V. Answer in detail**

**4X10=40**

1. Explain and examine Plato's theory of ideas.
2. Aristotle's arguments for his theory of substance. Notes.
3. Discuss Kant's theory of reality. How does he attempt to reconcile the claims of science, philosophy and religion? Ascertain if he succeeds in his task.
4. Discuss Descartes' Dualism.

\*\*\*\*\***ALL THE BEST**\*\*\*\*\*

**SWAMI VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA  
(S-VYASA)**

(declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)

FINAL EXAMINATION

**MS T 104 Yoga Philosophy and Health**

Date : 24-May-2011

Time : 3 Hr

Max Marks: 90

-----  
**(Open book: only Gheranda Samhita and HathaRatnavali allowed)**

**SECTION I**

**Write Answer on the Question Paper itself and return it**

Name: \_\_\_\_\_

Reg. No. \_\_\_\_\_

This is closed book section. Be relaxed and effortless. Answer in the given space and return the question paper.

**Fill up the blanks**

**6+2=8**

- a. complete the sloka ,write the meaning of this line in the space provided -

**dhyayato vishayaan** .....

.....

**meaning :** .....

.....

- b. Stress is defined in gita as \_\_\_\_\_ udbhavam \_\_\_\_\_

- c. yoga is defined by vasista as \_\_\_\_\_

**Mark whether True or False (circle your answer)**

**4x3=12**

1. Stress

- |                                     |      |       |
|-------------------------------------|------|-------|
| a. Increases ACTH                   | true | false |
| b. Decreases adrenalin              | true | false |
| c. produces peripheral vasodilation | true | false |
| d. can cause mitosis                | true | false |

2. Tick whether autoimmunity or allergy

- |               |                        |
|---------------|------------------------|
| a. Diabetes   | autoimmunity / allergy |
| b. Eczema     | autoimmunity / allergy |
| c. leukoderma | autoimmunity / allergy |
| d. asthma     | autoimmunity / allergy |

3. State whether true or false

- |   |      |       |
|---|------|-------|
| a. Kaama begins in anandamaya kosha       | true | false |
| b. Sleep is excess speed                  | true | false |
| c. Electrons and atoms are manomaya kosha | true | false |
| d. celiac plexus is the seat of manipura  | true | false |

III. Write short notes [Any 5]

4x5=20

1. CM
2. Suryanuloma viloma
3. Difference between Dharana and Dhyana
4. MEMT
5. Happiness analysis in diabetes
6. Yogah karmasu kaushalam in therapy
7. Difference between sleep and samadhi
8. Types of Neti

IV. Complete the lines any 5

5x4= 20

1. Sarvebhavantu

---

---

---

---

2. Laye sambodhayet

---

---

---

---

3. Pranasyedam

---

---

---

---

4. Brahmarpanam

---

---

5. Trayambakam

---

---

---

---

6. Divibhumou

---

---

---

---

7. Prajhati yada

atmany

---

---

8. Annapurne

---

---

---

---

## SECTION II

### I. Answer any 3

10x3=30

1. Describe pancakosha and its functions. Explain the model of adhijavyadhi.
2. Explain the physiological changes and the nervous system involved in stress adaptation
3. Differentiate the kriyas explained in hatharatnavali and gheranda?  
Explain how kriyas help in therapy.  
Give a table of what kriya works on which reflex
4. a. Give the slokas that refer to MSRT from hatha ratnavali.  
Explain the steps of MSRT.  
b. Give the slokas and their meaning for healthy diet. Explain satvic diet

# SWAMI VIVEKĀNANDA YOGA ANUSANDHĀNA SAMSTHĀNA

स्वामी - विवेकानन्द - योगानुसन्धान - संस्थानम्

A University, established under Section 3 of the UGC Act, 1956  
(Eknath Bhavan, # 19, Gavipuram Circle, Kempegowda Nagar, Bangalore 560 019, India)

## MS T 102 Anatomy and Physiology and Integrated Approach of Yoga Therapy(IAYT-2)

DATE: 12.11

Time: 10-1pm

Marks: 50

**I. Describe in detail about any one of the followings: 10\*1=10 Marks**

1. Write about appendicular skeleton & different movements
2. Write about Pituitary gland & its functions

**II. Describe in detail about four of the followings: 5\*4=20 Marks**

- a. Describe various physiotherapy exercises
- b. Describe in details about Female reproductive system
- c. Give a note on Thyroid gland & its abnormalities
- d. Write in detail about parts of Eye & mechanism of vision
- e. Functions of Hypothalamus
- f. Write about lobes of Brain & their functions

**III. Draw all the following diagrams 5\*2=10 Marks**

- A. Draw a diagram of parts of Ear
- B. Draw the locations of endocrine glands

**IV. Fill in the blanks 1\*10=10 Marks**

1. What is Zygote
2. What is Homeostasis
3. Connection tube between ear & nose is –
4. Reaction of Heart with Para sympathetic nerves
5. Name the first cranial nerve
6. Function of Thalamus
7. Function of Cerebellum
8. Annulus fibrosis is a part of
9. Total number of ribs

**SWAMI VIVEKĀNANDA YOGA ANUSANDHĀNA SAMSTHĀNA**

**स्वामी - विवेकानन्द - योगानुसन्धान - संस्थानम्**

A University, established under Section 3 of the UGC Act, 1956  
(Eknath Bhavan, # 19, Gavipuram Circle, Kempegowda Nagar, Bangalore 560 019, India)

MS T 101 Anatomy and Physiology and Integrated Approach of Yoga Therapy(IAYT-1)

**DATE: 06.12.2011**

**Time: 10-1pm**

**Max. Marks: 100**

**I. Describe in detail about any one of the followings:**

**10\*1=10 Marks**

1. Brief about Digestive system
2. Write about Renal system & formation of urine

**II. Describe in detail about four of the followings:**

**5\*4=20 Marks**

- a. Composition & importance of Nutrition
- b. Structure & function of the lung
- c. Write a note on T- Lymphocytes
- d. Parameters of circulatory system
- e. Write in detail about structure of the cell
- f. Write about different types of tissues of the body

**III. Draw all the following diagrams**

**5\*2=10 Marks**

- a. Draw a diagram of Phagocytosis
- b. Internal structure of the heart

**I. Fill in the blanks**

**1\*10=10 Marks**

1. Another name of Red Blood Cell –
2. Which artery gives blood to the heart –
3. Name the Vessel coming from right ventricle -
4. Respiratory center is situated in –
5. Normal respiratory rate –
6. Inspiratory muscle is –
7. The door system in pharynx is by –
8. Stored Energy in liver is called as -
9. Average capacity of bladder is –
10. Which minerals are good for the maintenance of bones –

**V. Answer any 2 of the following:**

**2\*20=20 Marks**

- a. Explain Hypertension and Coronary Artery Disease and its yogic management.
- b. Explain Asthma and its yogic management.
- c. Explain Gastritis and its yogic management.

**VI. Write Short notes on any 4 of the following:**

**4\*5=20 Marks**

- a. Irritable Bowel Syndrome.
  - b. Gastritis
  - c. Nasal allergy
  - d. Role of Kriyas in Asthma and how it works.
- a. Cancer.
  - b. Jala Neti

**VII. Answer the following in brief:**

**5\*2=10 Marks**

- a. Name some practices of relieve nasal allergy immediately,
- b. Name some practices of ..... on episode of Asthma.
- c. Vamana Dhauti.
- d. Name Specific practices for Gastritis.
- e. If systolic blood pressure is more than ....., it is considered as Hypertension.

# SWAMI VIVEKĀNANDA YOGA ANUSANDHĀNA SAMSTHĀNA

स्वामी - विवेकानन्द - योगानुसन्धान - संस्थानम्

Library

A University, established under Section 3 of the UGC Act, 1956  
(Eknath Bhavan, # 19, Gavipuram Circle, Kempegowda Nagar, Bangalore 560 019, India)

## MS T 103 Vedas, Upanishad & Darshanas

Date: 06.12.2011

Time: 10.00 - 01.00pm

Marks: 100

(Five marks for neatness of the paper)

- Q 1. a)** Compare and contrast Shat Darshanas **6 Marks**  
b) Is Sankhya of shat Darshanas same as that in Gita ? Describe **2 Marks**
- Q: 2 a)** How many are the Vedas? Their meaning and antiquity? **2 Marks**  
b) What are the differences between Jnana Kaīda and Karma Kāīnda? **3 Marks**  
c) What is the relevance of Vedas to our lives in this high Tech Era? **5 Marks**
- Q: 3 a)** What are Upanisads? How many? Name the ten major Upanisads. **4 Marks**  
b) What is Yoga and its connection to Upanisads ? **2 Marks**  
c) What are the two main conclusions of Upanisads? **1 Marks**
- Q: 4 a)** What is Ātma Parikṣā? Describe Panca Kosa Viveka and compare the results with those of modern science? **10 Marks**  
Or  
4.b) Where has modern science reached in search for Reality?  
Describe the dimensions of Reality in Panca Kosa Viveka.
- Q: 5** Describe Happiness analysis as described in the Upanisads and the conclusion with examples from your own life experiences **10 Marks**
- Q: 6 Write short notes on any 5** **25 Marks**
- Layers of Silence
  - Mantras and Vedic chanting
  - The Energy Model
  - Prasthāna Traya
  - Pūrva Mimāmsā
  - Nididhyasana and Dhyana
  - Prakriyas in Upanishads

**SWAMI VIVEKĀNANDA YOGA ANUSANDHĀNA SAMSTHĀNA**

**स्वामी - विवेकानन्द - योगानुसन्धान - संस्थानम्**

A University, established under Section 3 of the UGC Act, 1956  
(Eknath Bhavan, # 19, Gavipuram Circle, Kempegowda Nagar, Bangalore 560 019, India)

**MS T 201 Bhagavad Gita**

Date: 07.12.2011

Time: 10.00 am – 1.00pm

Max. Marks: 50

- Answer all questions
- Answers should be relevant to the question and to the point.

1. Arjuna's dilemma is about action. Why does Sri Krishna commence his teaching from Jnana Yoga  
**10 Marks**
2. What is the distinction between Karma, Akarma and Vikarma? What is Sri Krishna's advice about them?  
**10 Marks**
3. What is the role of Rebirth in the life of a Dhyana Yogi?  
**10 Marks**
4. Identify the four Yoga in the Slokas 51 to 53 of the 18<sup>th</sup> chapter  
**10 Marks**
5. Has this study made any impact on your personal life? If so, how? If not, why not?  
**10 Marks**

# SWAMI VIVEKĀNANDA YOGA ANUSANDHĀNA SAMSTHĀNA

## स्वामी - विवेकानन्द - योगानुसन्धान - संस्थानम्

A University, established under Section 3 of the UGC Act, 1956  
(Ekmath Bhavan, # 19, Gavipuram Circle, Kempegowda Nagar, Bangalore 560 019, India)

### MS T 103 Yoga Philosophy & Health and Samskrita Part I - Samskrita

Date : 10.12.2011

Time : 10.00 am – 1.00pm

Max. Marks: 100

1. Explain the following Shloka

10 Marks

१. अधरं मधुरं वदनं मधुरं नयनं मधुरं हसितं मधुरम्।  
हृदयं मधुरं गमनं मधुरं मधुराधिपतेरखिलं मधुरम्॥
२. गीतं मधुरं पीतं मधुरम् भुक्तं मधुरम् सुप्तं मधुरम्।  
रूपं मधुरं तिलकं मधुरम् मधुराधिपतेरखिलं मधुरम्॥

2. Complete the following Verses (ANY TWO)

10 Marks

१. हिरण्मयेन पात्रेण \_\_\_\_\_  
\_\_\_\_\_ दृष्टये॥
२. प्राणस्येदं \_\_\_\_\_  
\_\_\_\_\_ न इति॥
३. ब्रह्मार्पणं \_\_\_\_\_  
\_\_\_\_\_ समाधिना॥
४. कर्मण्येवाधिकास्ते \_\_\_\_\_  
\_\_\_\_\_ सङ्गोस्त्वकर्मणि॥

2. Fill in the Blanks

05 Marks

१. वृक्षाणि पत्राणि \_\_\_\_\_ । (त्यजति, त्यजन्ति, त्यजतः)
२. बालाः \_\_\_\_\_ खादन्ति । (सुधाखण्डम्, अन्नं, शिलाखण्डम्)
३. बालाः पर्वतं प्रति \_\_\_\_\_। (पिबन्ति, प्रक्षालयन्ति, धावन्ति)
४. अश्वाः ग्रामेषु तृणं \_\_\_\_\_ । (चरन्ति, खादन्ति, हसन्ति)
५. कूपं परितः \_\_\_\_\_ धावन्ति । (बालाः, वृक्षाः, पाठशाला)

3. Translate the following into English

05 Marks

१. सः बालकः।
२. वने पुष्पाणि विकसन्ति ।
३. बालिकाः प्रातःकाले उत्तिष्ठन्ति।
४. तत् वनम्
५. द्राक्षालतायां द्राक्षाः प्ररोहन्ति।

4. एतस्य कोष्ठकस्य आधारेण वाक्यानि लिखतु (ANY FOUR)

02 Marks

पत्रिका patrikā	अत्र atra	अस्ति asti
	तत्र tatra	
	कुत्र kutra	
विद्यालयः vidyālayah	सर्वत्र sarvatra	नास्ति nāsti
	अन्यत्र anyatra	
	एकत्र ekatra	

5. Change the subject and the verb into other two numbers

08 Marks

१. शुकः चरणैः धावति।
२. एषा कर्णाभ्यां आकर्णयति।
३. एषः घ्राणेन जिघ्रति।
४. एषः हस्तेन लिखति।
५. एषः चरणाभ्यां चलति ।
६. एषा नेत्राभ्याम् पश्यति।
७. एषः मुखेन जलं पिबति।
८. एषः चरणेन तिष्ठति।

6. उदाहरणानुसारं अधो लिखित शब्दानां उचित विभक्ति रूपेण रिक्तस्थानानि पूरयन्तु-

05 Marks

उदा: ग्राहकः (आपणः) आपणं गच्छति।

१. प्राध्यापकः (ग्रन्थालयः) \_\_\_\_\_ गच्छति।
२. धनिकः (वित्तकोषः) \_\_\_\_\_ गच्छति।
३. बालकः (प्रकोष्ठः) \_\_\_\_\_ गच्छति।
४. आचार्यः (आश्रमः) \_\_\_\_\_ गच्छति।
५. अन्तरिक्षयात्रिकः (चन्द्रलोकः) \_\_\_\_\_ गच्छति।
६. वीरः (स्वर्गः) \_\_\_\_\_ गच्छति।

कोष्ठकात् उचितक्रियापदरूपेण रिक्तस्थानानि पूरयन्तु -

७. एतौ छात्रौ \_\_\_\_\_ (पथन्ति, पठति, पठतः, पठन्ति)
८. भवन्तौ \_\_\_\_\_ (उत्तिष्ठथः, उत्तिष्ठावः, उत्तिष्ठथः, उत्तिष्ठन्ति)
९. यूयं शिष्याः \_\_\_\_\_ (पृच्छथः, पृच्छन्ति, पृच्छथ, पृच्छन्ति)
१०. तानि पुष्पाणि \_\_\_\_\_ (विकसामि, विकससि, विकसन्ति, विकसामः)

7. Match the Following

10 Marks

१. प्रथम पुरुष	रामेषु
२. नामपद	रामाय
३. उपसर्ग	लताम्
४. धातु	रामस्य
५. उत्तम पुरुष	राम
६. मध्यम पुरुष	परि
७. षष्ठी विभक्तिः	चर्
८. द्वितीया विभक्तिः	गच्छामः
९. चतुर्थी विभक्तिः	वदसि
१०. सप्तमी विभक्तिः	जयति

8. Conjugate the following words in all the persons पुरुष and numbers वचन.(Any TWO) 05 Marks

१. पठति, २. करिष्यति ३. अलिखत् ४. ददाति

9. Decline the following words in all the विभक्ति's and वचन's. (Any TWO) 10 Marks

१. रामः, २. हरिः, ३. माता, ४. अहम् ५. वनम्  
२.

11. Write the meaning of the following words in english 05 Marks

१. पादः २. वेणुः, ३. मयूरः ४. विमानम् ५. अश्वः

13. Write the transliteration of the following in english (Any Five) 05 Marks

गजाननः, मयूरः, सर्पः, अश्वः, पठति, लिखति, वृक्षः

14. Split the sandhi 05 Marks

देवालयः गणेशः वागीशः मध्वरिः नायकः

14. राजेशस्य दिनचर्यं लिखत। (Minimum TEN sentences).

अथवा

Write an essay on मधुराष्टकम् composed by Sri Vallabhacharya 05 Marks

15. Write an essay on necessity of Sanskrit in the study of Yoga 10 Marks

**Part II - Yoga Philosophy & Health**  
**(Please write in separate answer Booklet)**

**I. Fill up the blanks**

**5 Marks**

- a. Write the meaning of this line in the space provided  
**chale vate chale chittam, nischale vate nischale chittam**
- b. This is a quote from the scripture \_\_\_\_\_
- c. Pranayama has three parts called puraka, \_\_\_\_\_, and \_\_\_\_\_.
- d. Stress according to yoga is defined as kamakrodha \_\_\_\_\_ in Gita
- f. Chandranuloma = inhale \_\_\_\_\_ nostril; exhale \_\_\_\_\_ nostril  
Chandrabhedha = inhale \_\_\_\_\_ nostril; exhale \_\_\_\_\_ nostril  
Suryanuloma = inhale \_\_\_\_\_ nostril; exhale \_\_\_\_\_ nostril  
Suryabhedha = inhale \_\_\_\_\_ nostril; exhale \_\_\_\_\_ nostril  
Nadishuddhi = inhale \_\_\_\_\_ nostril; exhale \_\_\_\_\_ nostril;  
Inhale \_\_\_\_\_ nostril; exhale \_\_\_\_\_ nostril

**II. Match the following contraindications for**

**5 Marks**

- |                   |                  |
|-------------------|------------------|
| 1. kapalabhati    | a. Low back pain |
| 2. Sirsasana      | b. Epilepsy      |
| 3. padahasthasana | c. Hypertension  |
| 4. SAVd.          | D. Obesity       |
| 5. CAV            | e. glaucoma      |

**III Write short notes on any 4**

**4 X 5 = 20 Marks**

- a. Types and uses of dhouti  
b. Dharana, Dhyana, samadhi  
c. Vrittis  
d. Pratyahara and therapy  
e. Adrenal gland in stress  
f. Cyclic Meditation

**III. Yoga for cancer**

**10 Marks**

**IV. Complete any two Slokas**

**10 Marks**

1. Tryambakam .....
- .....
2. Prajahati Yada.....
- .....
3. Laye Sambodhayet.....
- .....

# SWAMI VIVEKĀNANDA YOGA ANUSANDHĀNA SAMSTHĀNA

## स्वामी - विवेकानन्द - योगानुसन्धान - संस्थानम्

A University, established under Section 3 of the UGC Act, 1956  
(Eknath Bhavan, # 19, Gavipuram Circle, Kempegowda Nagar, Bangalore 560 019, India)

MS P 303 ADVANCE YOGA TECHNIQUES

Date : 08.12.2011

Time : 1-1/2 Hours.

Max. Marks: 50

1. Fill up the blanks: 5 Marks
  - a) Depth of ..... and expansion of awareness are two dimensions of executive growth.
  - b) Five features of dhyāna are ....., ....., ....., ..... and .....
  - c) Concentration is ..... and dhāraṇa is .....
  - d) ..... is at the base of all emotions; even gods like Yama work under this.
  - e) Vyāna corresponds to .....Sense.
2. Match the following : 5 marks

<ol style="list-style-type: none"><li>i) Bliss</li><li>ii) Delight</li><li>iii) Friendliness</li><li>iv) GAIA</li><li>v) Annamaya koṣa</li><li>vi) Prāṇamaya koṣa</li><li>vii) Dhāraṇa</li><li>viii) Dhyāna</li><li>ix) MIRT</li><li>x) ANAMS</li></ol>	<ol style="list-style-type: none"><li>a) Happy people</li><li>b) Nerve impulse</li><li>c) Focusing</li><li>d) Taittiriya Upaniṣad</li><li>e) Virtues</li><li>f) Silence</li><li>g) Bhūmāta</li><li>h) Samāna</li><li>i) Defocussing</li><li>j) Bhagavadgīta</li></ol>
---	---
3. Describe briefly any two of the following advanced techniques 20 Marks

A] MEMT B] PET C] CM
4. Mention the eight steps of any two of the following advanced techniques 10 Marks

A] ANAMS B] VISAK C] MIRT and write down the prayers in the two techniques along with meaning
5. Write short notes on any two of the following: 10 Marks
  - a) Genesis of anger and its consequence.
  - b) Bliss and its quantification.
  - c) Āhata, Anāhata and Ajapajapa.
  - d) Research on advanced techniques.

SWAMI VIVEKĀNANDA YOGA ANUSANDHĀNA SAMSTHĀNA

स्वामी - विवेकानन्द - योगानुसन्धान - संस्थानम्

A University, established under Section 3 of the UGC Act, 1956  
(Eknath Bhavan, # 19, Gavipuram Circle, Kempegowda Nagar, Bangalore 560 019, India)

MS T 101 samskrita

Date : 12.12.2011

Time : 10.00 am – 1.00pm

Max. Marks: 100

1. Explain the following Shloka

10

१. वेणुर्मधुरो रेणुर्मधुरः पाणिर्मधुरः पादौ मधुरौ।  
नृत्यं मधुरं सख्यं मधुरं मधुराधिपतेरखिलं मधुरम्॥
२. गोपा मधुरा गावो मधुराः यष्टिर्मधुरा सृष्टिर्मधुरा।  
दलितं मधुरं फलितं मधुरम् मधुराधिपतेरखिलं मधुरम्॥

2. Complete the following Verses (ANY TWO)

05

१. ओं सहनाववतु \_\_\_\_\_  
\_\_\_\_\_ विद्विषावहै॥
२. प्राणस्येदं \_\_\_\_\_  
\_\_\_\_\_ न इति॥
३. अन्नपूर्णे \_\_\_\_\_  
\_\_\_\_\_ पार्वती ॥
४. अहं वैश्वानरो \_\_\_\_\_  
\_\_\_\_\_ चतुर्विधम् ॥

2. Fill in the Blanks

03

६. भवन्तः करांशुकम् \_\_\_\_\_।
७. आवाम् कण्ठहारं \_\_\_\_\_।
८. यूयम् फलानि \_\_\_\_\_।
९. अहं पुस्तकं \_\_\_\_\_।
१०. भगिनी पात्राणि \_\_\_\_\_।

ऋणाति ऋणीतः ऋणन्ति।

ऋणासि ऋणीथः ऋणीथ

ऋणामि ऋणीवः ऋणीमः

6. उदाहरणानुसारं अधो लिखित शब्दानां उचित विभक्ति रूपेण रिक्तस्थानानि पूरयन्तु-

05

उदा: ग्राहकः (आपणः) आपणं गच्छति।

१. प्राध्यापकः (ग्रन्थालयः) \_\_\_\_\_ गच्छति।
२. धनिकः (वित्तकोषः) \_\_\_\_\_ गच्छति।
३. बालकः (प्रकोष्ठः) \_\_\_\_\_ गच्छति।
४. आचार्यः (आश्रमः) \_\_\_\_\_ गच्छति।
५. अन्तरिक्षयात्रिकः (चन्द्रलोकः) \_\_\_\_\_ गच्छति।
६. वीरः (स्वर्गः) \_\_\_\_\_ गच्छति।

कोष्ठकात् उचितक्रियापदरूपेण रिक्तस्थानानि पूरयन्तु -

७. एतौ छात्रौ \_\_\_\_\_ (पथन्ति, पठति, पठतः, पठन्ति)
८. भवन्तौ \_\_\_\_\_ (उत्तिष्ठथः, उत्तिष्ठावः, उत्तिष्ठथः, उत्तिष्ठन्ति)
९. यूयं शिष्याः \_\_\_\_\_ (पृच्छथः, पृच्छन्ति, पृच्छथ, पृच्छन्ति)
१०. तानि पुष्पाणि \_\_\_\_\_ (विकसामि, विकससि, विकसन्ति, विकसामः)

7. Match the Following

10

- |                |        |
|----------------|--------|
| १. प्रथम पुरुष | रामेषु |
| २. नामपद       | रामाय  |

Write an essay on मधुराष्टकम् composed by Sri Vallabhacharya

05

15. Write an essay on necessity of Sanskrit in the study of Yoga

10

16. Read the passage and answer the following questions.

05

सिंहासनं आरोढुं सन्नद्धं राजकुमारं वृद्धमन्त्री अदिष्टवान्। हे राजपुत्र! गुरुकुले त्वं आचार्यमुखात् सर्वं अधीतवान् असि। परन्तु अहं मम कर्तव्यं बुद्ध्या किञ्चित् उपदिशामि। शृणु। अधिकारमदः धनमदः मा भवतु। त्वं जागरूको भव। यदा भवतः सन्निधौ अधिकारः धनः च भवति तदा स्वार्थसंपादकाः त्वां परितः भविष्यन्ति। तान् उपायेन निवारय। पर्णान्तरितफलानि इव सज्जनाः अर्हाः दूरे तिष्ठन्ति। तान् अन्विष्य पोषय। अर्हान् पुरस्कुरु। ज्ञानवृद्धान् विनयेन प्रणम। पक्षपातं कदापि मा कुरु। उपनिषदः उपदेशान् स्मर। 'सत्यं वदा धर्मं चरा स्वधर्मं मा परित्यजा' 'राष्ट्रदेवो भव। समाजसेवको भव। दीनोद्धारको भव' इति। इतोऽपि अधिकं सर्वं ज्ञातवन्तं किं उपदिशामि? सर्वदा कर्तव्यं स्मर। विजयी भव।

१. राजपुत्रः गुरुकुले कथं अधीतवान्?
२. सर्वदा किं स्मर?
३. सज्जनाः कथं दूरे तिष्ठन्ति?
४. यदा अधिकारः भवति तदा किं भवति?
५. वृद्धमन्त्री केन बुद्ध्या किञ्चित् उपदिशति?

# SWAMI VIVEKĀNANDA YOGA ANUSANDHĀNA SAMSTHĀNA

स्वामी - विवेकानन्द - योगानुसन्धान - संस्थानम्

A University, established under Section 3 of the UGC Act, 1956  
(Eknath Bhavan, # 19, Gavipuram Circle, Kempegowda Nagar, Bangalore 560 019, India)

## MSC T 304 COMMON THREADS IN WORLD RELIGION

Date: 08.12.2011

Time : 10.00 am – 1.00pm

Max. Marks: 100

Fill in the Blanks with appropriate words

1 \* 2 = 20 Marks

1. The main 3 sets / subdivisions of Christianity are \_\_\_\_\_ , protestant (angelican), and orthodox. .
2. Two main festivals of Christianity are \_\_\_\_\_ & \_\_\_\_\_.

Answer the following in a word phrase or sentence

3. Mention the first and last Thirthankara of Jainism?
4. What is the birth name of Buddha?
5. What is the Holy book of Sikh's?
6. Who was the father of Buddha?
7. Where lies the birth place of Buddha?
8. Whether Buddhism is astika darshana or nastika darshana?
9. What is the meaning of the word Jain?
10. What are three gems of Jainism?
11. Who is founder of Sikhism?
12. How many types of schools are there in Buddhism?
13. What are the vows taken by Jain Monks?
14. Mention the two sects of Jainism?
15. How many Thirthankara's are there in Jainism?

Write True or False

16. Christianity is a monotheistic religion. True / False
17. Christianity believed in Jesus of Nazareth. True / False
18. According to Christianity Christ is the father of God. True / False
19. The first disciple of Jesus of Nazareth is Apostles. True / False
20. Christianity also believe in Trinity of god like Hinduism True / False

B) Match the following

1 \* 5 = 5 Marks

- |              |                       |
|--------------|-----------------------|
| 1. Shintoism | Dharmacakra           |
| 2. Taoism    | Tori-Wi               |
| 3. Judaism   | Crescent and the Star |
| 4. IslamThe  | Menorah               |
| 5. Buddhism  | The Tai-Chi           |

Write short notes on the following (Any TEN)

2 \* 10 = 20 Marks

1. Pranava
2. Shivalinga
3. Ashvattha
4. Bilva leaf
5. Cow
6. Tulasi
7. Dharmacakra
8. Tori-Wi
9. Crescent and the Star
10. The Menorah
11. The Tai-Chi
12. Kalasha

Write an essay on the following (Any ONE)

1 \* 10 = 10 Marks

1. Explain about dimensions of yoga found in Bible and Christianity, spread of the christianity and its influences in the modern society.
2. Write an essay on the antiquity and Historical Aspects, Life sketch of Guru Nanak. Give a detailed note on Teachings, practices and spread of Sikhism.

Critically Analyse (About 450 Words) any THREE of the following

3 \* 15 = 45 Marks

1. Write an essay on the antiquity and Historical Aspects, Life sketches of Buddha and Mahavira. Give a detailed note on Teachings, practices and spread of Buddhism and Jainism.
2. Write an essay on the antiquity and Historical Aspects, Life sketch of Prophet. Give a detailed note on Teachings, practices and spread of Islamic religion (Mohamadiya Matam).
3. Write an essay on Harmony among different religions. How the common linkages among different religions can be applied towards the global harmony and peace.
4. Explain about Vedic Religions.

# SWAMI VIVEKĀNANDA YOGA ANUSANDHĀNA SAMSTHĀNA

## स्वामी - विवेकानन्द - योगानुसन्धान - संस्थानम्

A University, established under Section 3 of the UGC Act, 1956  
(Eknath Bhavan, # 19, Gavipuram Circle, Kempegowda Nagar, Bangalore 560 019, India)

### MSC T 202 – Upanishads

Date: 04.12.2011

Time: 10.00 - 01.00pm

Marks: 100 Marks

#### I. Fill the blanks

5X1=5

1. तत् सत्यं स आत्मा \_\_\_\_\_
2. आचार्यवान् पुरुषः \_\_\_\_\_
3. प्राणः तेजसि, तेजः \_\_\_\_\_
4. त्रीणि बीजानि, अण्डजं जीवजम् \_\_\_\_\_
5. अन्नमयं हि सोम्य \_\_\_\_\_

#### II. Match the following

5X2=10

1. याज्ञवल्क्यः होता
2. अश्वलः ब्रह्मिष्ठः
3. जारत्कारवः राजर्षिः
4. आरुणेयः आर्तभागः
5. जनकः श्वेतकेतुः

#### III. Explain with reference (any three)

3X5=15

1. वाचारम्भणं विकारो नामधेयम् ।
2. भूय एव मा भगवन् विज्ञापयतु ।
3. अष्टौ ग्रहा अष्टौ अतिग्रहाः ।
4. यत्साक्षादपरोक्षात् ब्रह्म ।
5. केन यजमानो मृत्योराप्तिमतिच्युत्यते ।

#### IV. Explain with the contextual reference

5X5=25

- 1 ब्रह्मवन्धुः 2 अनूचानमानी 3 ब्रह्मिष्ठः 4 स मुक्तिः सातिमुक्तिः 5 अथ सम्पदः

#### V. Critically analyse the following (any three)

3X15=45

1. "येनाश्रुतं श्रुतं भवति" How knowing one, one can know everything?
2. Discuss āśvala's questions and yājñavalkya's answer.
3. What are analogies projected by आरुणि to explain तत्त्वमसि
4. श्रद्धत्स्व सोम्य Explain the role of श्रद्धा in a person's development

\*\*\*\*\*ALL THE BEST\*\*\*\*\*

# SWAMI VIVEKĀNANDA YOGA ANUSANDHĀNA SAMSTHĀNA

स्वामी - विवेकानन्द - योगानुसन्धान - संस्थानम्

A University, established under Section 3 of the UGC Act, 1956  
(Eknath Bhavan, # 19, Gavipuram Circle, Kempegowda Nagar, Bangalore 560 019, India)

## MSC T 101 Samskrta Studies – 1

Date: 04.12.2011

Time: 10.00 - 01.00pm

Marks: 100 Marks

I) रिक्तस्थानानि पूरयत ।

(५\*१ = ५)

1. सकारस्य उच्चारणस्थानं -----
2. एङः पदान्तादति इति सूत्रम् ----- सन्धेः विधायकम् ।
3. वाग्घरिः इत्यत्र ----- सूत्रेण सन्धिः भवति ।
4. हरिः शते / हरिशते इति रूपद्वयं ----- सूत्रेण सिद्ध्यति ।
5. युष्मद्शब्दस्य प्रयोगे ----- पुरुषः प्रयुज्यते ।

II) संयोजयत ।

(५\*१ = ५)

- |                  |              |
|------------------|--------------|
| 1. सूर्योदयः     | 1. जश्त्वम्  |
| 1. वागीशः        | 2. परसवर्णः  |
| 2. तन्मात्रम्    | 3. डमुडागमः  |
| 3. सन्नच्युतः    | 4. अनुनासिकः |
| 4. विद्वोल्लिखति | 5. गुणः      |

III) एकवाक्येन उत्तरं लिखत ।

(५\*१ = ५)

1. माहेश्वरसूत्राणां किं प्रयोजनम् ?
2. 'सुधी उपस्यः' इत्यत्र ईकारस्य स्थाने किमर्थं यणवर्णेषु यकारः एव आदिश्यते ?
3. प्रश्नः इत्यत्र किमर्थं श्रुत्वसन्धिः न भवति ?
4. अण् इति प्रत्याहारेण सामान्यतः के वर्णाः गृह्यन्ते ?
5. आभ्यन्तरप्रयत्नाः के ?

IV) समीचीनम् अथवा असमीचीनम् इति लिखन्तु ।

(१०\*१ = १०)

1. हलन्त्यम् इति लोपसंज्ञाविधायकं सूत्रम् -----
2. उच्चैः उदात्तः इति उक्तत्वात् वेदे 'ँ' सङ्केतयुक्तः उदात्तस्वरः इति कथ्यते -----
3. लृवर्णस्य द्वादश एव भेदाः -----
4. हशः, संवारनादघोषाः प्रयत्नाः -----
5. शिद्धूतः आदेशः अन्त्यस्य भवति -----
6. गङ्गे अम् इति प्रकृतिभावस्य उदाहरणम् -----
7. ब्रह्म ऋषिः / ब्रह्मर्षि इति रूपद्वयमपि साधु -----
8. लक्ष्मीछाया इति समीचीनं रूपम् -----
9. यशांसि इत्यत्र मोनुस्वारः इत्यनेन अनुस्वारः -----
10. खरवसानयोर्विसर्जनीयः इत्यनेन विसर्गस्य सकारः विधीयते -----

V) लघुटिप्पणीं लिखत । (पञ्च प्रश्नाः समाधेयाः)

(५\*५ = २५)

1. इत्
2. सवर्णः
3. गुणः
4. संयोगः
5. पदम्
6. प्रत्याहारः

VI) दशाधिकवाक्यैः उत्तरत । (अन्तिमम् अनपहाय पञ्च प्रश्नाः समाधेयाः, अन्तिमस्य १५ अङ्काः, अन्येषां दश)

1. प्रयत्नाः के ? विवृणुत ।
2. वृद्धिसन्धिः केभ्यः भवति ?
3. इको यणचि सूत्रं सोदाहरणं विवृणुत ।
4. तस्मादित्युत्तरस्य, तस्मिन्नित्युत्तरस्य इति द्वे सूत्रे सोदाहरणं व्याख्यात ।
5. 'मनर् रथः' इत्यत्र हशि च सूत्रं बाधित्वा रो रि सूत्रस्य प्रवृत्तिः किमर्थं न ? विवृणुत ।
6. माहेश्वरसूत्राणां किं वैशिष्ट्यम् ?

\*\*\*\*\*ALL THE BEST\*\*\*\*\*

# SWAMI VIVEKĀNANDA YOGA ANUSANDHĀNA SAMSTHĀNA

स्वामी - विवेकानन्द - योगानुसन्धान - संस्थानम्

A University, established under Section 3 of the UGC Act, 1956  
(Eknath Bhavan, # 19, Gavipuram Circle, Kempegowda Nagar, Bangalore 560 019, India)

## MSC T 105 Anatomy & Physiology

Date: 05.12.2011

Time: 10.00 - 01.00pm

Marks: 100

- 1. LONG TYPE QUESTION (Any three)** **15\*3=45**
- Describe in detail about respiratory system of human and add a note on mechanism of breathing.
  - Describe the structure and working mechanism of heart.
  - Describe the composition and function of blood.
  - Describe the excretory system of the human.
  - Describe the structure and function of human brain.
- 2. DIAGRAM (any two)** **5\*2=10**
- Structure of nephron.
  - Structure of neuron.
  - Digestive system of human.
- 3. SHORT NOTES (any two)** **5\*2=10**
- Epithelial tissue.
  - Liver.
- 4. DIFFERENCE** **5\*2=10**
- Synovial joint and Fibrous joint.
  - Sympathetic and Parasympathetic nervous system
  - Voluntary and Involuntary muscle
- 5. Answer the following questions** **1\*10=10**
- Which types of cartilage is present in the synovial joints?
  - Which tissue stores the fat?
  - Which part of the alimentary canal the absorption is takes place?
  - Where the impulse of contraction of heart is originated?
  - Which part of the nephron is impermeable to water?
  - Which cell organelle is called power house of the cell?
  - Which is also called the natural anticoagulant?
  - Allergy causing agent is called \_\_\_\_\_
  - Which part of the brain is responsible for the maintenance of equilibrium?
  - The tropic hormones are secreted from \_\_\_\_\_

**6. Answer the following selecting correct words from the bracket 1\*10=10**

- i. Which part of the nephron ultrafiltration is takes place?(malpighianbody,PCT,DCT,CT)
- ii. Name the substances which convert fibrinogen into fibrin.(calcium,thrombin,prothrombin,thrombokinase)
- iii. Which blood vessel collects the blood from the heart wall itself?(pulmonary vein,pulmonaryartery,superiorvenacava,coronary sinus)
- iv. Which blood group is considered as universal recipient?(A,B,AB,O)
- v. How many no of vertebral column bones present in human?(33,32,26,25)
- vi. Which types of joint we found in skull?(suture,gomphosis,saddle,gliding)
- vii. Which organ maintain the equilibrium?(eye,ear,nose)
- viii.Rods contain -----(scotopsin,iodopsin,rhodopsin)
- ix. Which cell organelle is exceptionally rich in hydrolytic enzymes?(mitochondria,golgibody,lysosome,peroxisome)
- x. How many cranial verves re found in man?(31 pairs,12pairs,12,31)

**7.Match the following appropriate words of column '1' \with column '2'**

1\*5=5

**column 1**

- 1) Thyroxine
- 2) ADH
- 3) Ovulation
- 4) Progesterone
- 5) Testosterone
- 6) leydig cell

**column 2**

- a) beta cell
- b FSH
- c) alpha cell
- d) cretinism
- e) water absorption
- f) Corpus luteum

\*\*\*\*\*ALL THE BEST\*\*\*\*\*

# SWAMI VIVEKĀNANDA YOGA ANUSANDHĀNA SAMSTHĀNA

स्वामी - विवेकानन्द - योगानुसन्धान - संस्थानम्

A University, established under Section 3 of the UGC Act, 1956  
(Eknath Bhavan, # 19, Gavipuram Circle, Kempegowda Nagar, Bangalore 560 019, India)

## MSC T 302 – Patanjali Yoga Sutras

Date: 06.12.2011

Time: 10.00 - 01.00pm

Marks: 100 Marks

### I. Fill the blanks

5X1=5

1. दुःख-दौर्मनस्य \_\_\_\_\_ भुवः ।
2. स पूर्वेषामपि \_\_\_\_\_ अनवच्छेदात् ।
3. कठोपनिषत् defines Yoga as \_\_\_\_\_.
4. अध्यात्मयोग removes \_\_\_\_\_.
5. According to Patanjali ईश्वर is \_\_\_\_\_.

### II. Ungroup the mismatched word

5X1=5

1. धारणा , ध्यानम् , संयमः , समाधिः
2. निरोधपरिणामः , वस्तुपरिणामः , समाधिपरिणामः , एकाग्रतापरिणामः
3. शब्दः , अर्थः , प्रत्ययः , वस्तु
4. ध्रुवः , नाभिचक्रम् , कण्ठकूपः , कूर्मनाडी
5. जन्म , औषधम् , मन्त्रः , क्रियायोगः

### III. Write notes on the following topics (any 3)

3X5=15

1. संयमः
2. कैवल्यम्
3. उपसर्गः Vs सिद्धिः
4. पुरुषज्ञानम्
5. धर्म-लक्षणा-अवस्थापरिणामाः

### IV. Critically analyse the following (any 5)

5X15=75

1. Describe the five types of icĀÉUim with reference to Vyas Éa:y
2. Describe the importance of -ez and v&iÄ while measuring the mind
3. Critically analyse the applied forms of nine ANtray in respect to the modern age problems
4. With special reference to MTT(mind transforming technique) restate @ktĀva\_yas and icĀàsadrn models
5. Reality of objects discussed in the fourth chapter
6. Discuss the nature of Manas (mind) on the light of third and fourth chapters

\*\*\*\*\*ALL THE BEST\*\*\*\*\*

# SWAMI VIVEKĀNANDA YOGA ANUSANDHĀNA SAMSTHĀNA

स्वामी - विवेकानन्द - योगानुसन्धान - संस्थानम्

A University, established under Section 3 of the UGC Act, 1956  
(Eknath Bhavan, # 19, Gavipuram Circle, Kempegowda Nagar, Bangalore 560 019, India)

## MSC T 403 Research Methodology

Date: 12.12.2011

Time:10.00 - 01.00pm

Marks:100 Marks

### Q.1. Answer the following

[10X5=50]

1. Draw the flow chart of research process? What are the qualities of a good researcher?
2. What are types of design? Explain each one of them?
3. Write about data analysis. When to choose which statistical test and its application in types of design?
4. Prepared a synopsis by making your own choice of hypothesis using Cyclic Meditation as intervention?
5. The sit and reach measurements of five subjects before yoga are 8, 6, 2, 10, 4 and after yoga 2, 6, 8, 10, 4. Calculate the descriptive statistic and make a summary table.

### Q.2. Short notes

[5X5=25]

1. Literature survey
2. Types of measurements
3. Sampling
4. Variables
5. Merits and demerits of pre-post design

### Q.3. Answer in one or two lines each of following the different between

[7X2=14]

1. Control
2. Ethical consideration
3. Placebo
4. Baseline data
5. Abstracts
6. Intervention
7. P value
8. Sample
9. Population
10. Double Blin

### Q.4. Match the coloumn A and B

[1X5=5]

A	B
a) Height	1. Randomization
b) Kruskal-wallis	2. Baseline not matched
c) Normal distribution	3. Nominal
d) Bias	4. Test non-parametric for 3 groups
e) ANCOVA	5. Ratio data
f) Gender	6. Bell shape curve

### Q.5. Fill in the blanks

[1X5=5]

1. 'S-VYASA' is an example of ..... type of data.
2. Guna personality measured by ..... instruments.
3. .... is the unit of Sit and Reach instruments?
4. The most frequently occur values in raw data is called as .....
5. .... is the probability of getting tail in a throw of a coin?

\*\*\*\*\*ALL THE BEST\*\*\*\*\*

# SWAMI VIVEKĀNANDA YOGA ANUSANDHĀNA SAMSTHĀNA

स्वामी - विवेकानन्द - योगानुसन्धान - संस्थानम्

A University, established under Section 3 of the UGC Act, 1956  
(Eknath Bhavan, # 19, Gavipuram Circle, Kempegowda Nagar, Bangalore 560 019, India)

## MSC T 304 COMMON THREADS IN WORLD RELIGION

Date: 08.12.2011

Time : 10.00 am - 1.00pm

Max. Marks: 100

### I. Fill in the Blanks with appropriate words

15 \* 1 = 15 Marks

1. The main 3 sets / subdivisions of Christianity are \_\_\_\_\_, protestant (angelican), and orthodox.
2. Two main festivals of Christianity are \_\_\_\_\_ & \_\_\_\_\_.

Answer the following in a word phrase or sentence

3. Mention the first and last Thirthankara of Jainism?
4. What is the birth name of Buddha?
5. What is the Holy book of Sikh's?
6. Who was the father of Buddha?
7. Where lies the birth place of Buddha?
8. Whether Buddhism is astika darshana or nastika darshana?
9. What is the meaning of the word Jain?
10. What are three gems of Jainism?
11. Who is founder of Sikhism?
12. How many types of schools are there in Buddhism?
13. What are the vows taken by Jain Monks?
14. Mention the two sects of Jainism?
15. How many Thirthankara's are there in Jainism?

### II. Write True or False

5 \* 1 = 5 Marks

1. Christianity is a monotheistic religion. True / False
2. Christianity believed in Jesus of Nazareth. True / False
3. According to Christianity Christ is the father of God. True / False
4. The first disciple of Jesus of Nazareth is Apostles. True / False
5. Christianity also believe in Trinity of god like Hinduism True / False

### III. Match the following

5 \* 1 = 5 Marks

- |              |                      |
|--------------|----------------------|
| 1. Shintoism | Dharmacakra          |
| 2. Taoism    | Tori-Wi              |
| 3. Judaism   | Cresent and the Star |
| 4. Islam     | Menorah              |

5. Buddhism

The Tai-Chi

**IV. Write short notes on the following (Any TEN)**

**2 \* 10 = 20 Marks**

1. Pranava
2. Shivalinga
3. Ashvattha
4. Bilva leaf
5. Cow
6. Tulasi
7. Dharmacakra
8. Tori-Wi
9. Crescent and the Star
10. The Menorah
11. The Tai-Chi
12. Kalasha

**V. Write an essay on the following (Any ONE)**

**1 \* 10 = 10 Marks**

1. Explain about dimensions of yoga found in Bible and Christianity. spread of the christianity and its influences in the modern society.
2. Write an essay on the antiquity and Historical Aspects. Life sketche of Guru Nanak. Give a detailed note on Teachings, practices and spread of Sikhism.

**VI. Critically Analyse (About 450 Words) any THREE of the following 3 \* 15 = 45 Marks**

1. Write an essay on the antiquity and Historical Aspects. Life sketches of Buddha and Mahavira. Give a detailed note on Teachings, practices and spread of Buddhism and Jainism.
2. Write an essay on the antiquity and Historical Aspects. Life sketche of Prophet. Give a detailed note on Teachings, practices and spread of Islamic religion (Mohamadiya Matam).
3. Write an essay on Harmony among different religions. How the common linkages among different religions can be applied towards the global harmony and peace.
4. Explain about Vedic Religions.

\*\*\*\*\**ALL THE BEST*\*\*\*\*\*

# SWAMI VIVEKĀNANDA YOGA ANUSANDHĀNA SAMSTHĀNA

स्वामी - विवेकानन्द - योगानुसन्धान - संस्थानम्

(declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)

Eknath Bhavan, # 19, Gavipuram Circle, Kempegowda Nagar, Bangalore 560 019, India

## MSC T 104 SPIRITUAL HERITAGE OF INDIA

Date: 10.12.2011

Time: Time: 10-1pm

Max Marks: 100

### 1. Choose the correct answer: -

1 x 10 = 10

- a) Sri Caitanya was born in the year \_\_\_\_\_ at Navadvip.  
[1485, 1199, 1017, 1836]
- b) According to Vedic teachings, man's life is divided into \_\_\_\_\_ stages.  
[two, three, four, five]
- c) The \_\_\_\_\_ embody the laws formulated by saints and sages - Manu, Yajnavalkya etc. ... [Tantras, Samhitas, Aranyakas, Smritis]
- d) According to Vijnanabhikshu, \_\_\_\_\_ is the storehouse of all sub-conscious impressions. [manas, buddhi, citta, ahankara]
- e) Altogether there are 18 Puranas, \_\_\_\_\_ devoted to Visnu, \_\_\_\_\_ to Brahma and \_\_\_\_\_ to Siva. [ 10.3.5 : 6.6.6 : 9.5.4 : 10.4.4 ]
- f) Gaudapada was a disciple of \_\_\_\_\_.  
[Vyasa, Yajnavalkya, Suka, Kapila]
- g) \_\_\_\_\_ has a definite place in all of the Puranas.  
[Zoology, Cosmology, Astrology, Biology]
- h) In his youth, Ramanuja journeyed to Kanjeevaram in order to study Vedanta with a teacher known as \_\_\_\_\_.  
[Yamuna, Nambi, Gosthi-purna, Yadava Prakas]
- i) Sri Ramakrsna used to refer to Tota Puri as \_\_\_\_\_.  
[Tantric, the mystic man : Yogeswara : Nangta, the naked man : Guruji ]
- j) Sri Krsna Caitanya's original name was \_\_\_\_\_.  
[Gauranga, Viswambhar, Nimai, Visweswar]

### 2. Match the following: -

½ x 10 = 5

a	Purva Mimamsa	Moha Mudgaram
b	Sarada Devi	Taittiriya
c	Suka	Sacrificial rites
d	Samhitas	Ramkumar
e	Sri Krsna Caitanya	Karma Mimamsa
f	Gaudapada	Vyasa
g	Sankara	Mandukya Karika
h	Ramakrsna	Mantras or Hymns
i	Yajnavalkya	Kesava Bharati
j	Brahmanas	Jayrambati

**3. Fill in the blanks: -**

**1 x 10 = 10**

- a) On the banks of the river \_\_\_\_\_, Sankara met Gaudapada.
- b) \_\_\_\_\_ regards the attainment of heaven as the primary objective in life.
- c) Brahma Sutras are also called \_\_\_\_\_.
- d) \_\_\_\_\_ is generally regarded as the founder of Samkhya philosophy.
- e) The authority of the Vedas does not depend upon anything \_\_\_\_\_.
- f) \_\_\_\_\_ initiated Ramanuja with a holy mantra.
- g) The Tantras are also known as \_\_\_\_\_.
- h) \_\_\_\_\_ accepts as 'real' only that which neither changes nor ceases to exist.
- i) The word \_\_\_\_\_ literally means ancient.
- j) Yamuna was the grandson of \_\_\_\_\_.

**4. Write short notes on the following: - (Any Ten only)**

**2 x 10 = 20**

- a) Advaitavada of Sankaracarya
- b) Smrtis
- c) Vallabhacarya's Rudra Vaisnavism
- d) Puranas
- e) Dvaitavada of Madhwacarya
- f) Uttara - Mimamsa
- g) Brahmanas
- h) Sri Ramakrsna's childhood
- i) Tantras
- j) Nimbarkacarya's Sanaka Vaisnavism
- k) Aranyakas
- l) Visistadvaitavada of Ramanujacarya
- m) Samhitas
- n) Purva Mimamsa
- o) Bhaskaracarya's Bhedabhedavada

**5. Answer the following in brief: - (Any Ten only)**

**3 x 10 = 30**

- a) How did the word 'Taittiriya' come into being?
- b) Explain how Yamuna became king of half the kingdom of Pandu.
- c) Narrate the incident that happened between Gosthi-purna & Ramanuja.
- d) What are the two main objectives of Purva Mimamsa philosophy?
- e) Why Sri Krsna Caitanya threw his manuscript on logic into the Ganga?
- f) Name the four chief schools of Vaisnavism alongwith their respective exponents.
- g) Define the five stages of Divine-love manifestation.
- h) Narrate how Sri Ramakrsna worshipped his wife Sarada Devi as the Divine Mother.
- i) What was the incident that inspired Acarya Sankara to compose 'Manisa Pancakam'?
- j) Mention the five distinctions as explained in Madhwa Philosophy.
- k) Sketch briefly the origin of the Vedas.
- l) Narrate the Vedic story to show the importance of ritual sacrifice.

**6. Explain the following: - (Any Five only)**

**5 x 5 = 25**

- a) What are Puranas? Name all the eighteen Puranas.
- b) Life of Sankaracarya.
- c) Sri Krsna Caitanya's philosophy of love.
- d) Vedanta Sutras.
- e) The three classification of the Tantras.
- f) The purpose & goal of Sankhya philosophy.
- g) Life of Sri Ramakrsna.

\*\*\*\*\*ALL THE BEST\*\*\*\*\*

# SWAMI VIVEKĀNANDA YOGA ANUSANDHĀNA SAMSTHĀNA

स्वामी - विवेकानन्द - योगानुसन्धान - संस्थानम्

A University, established under Section 3 of the UGC Act, 1956  
(Eknath Bhavan, # 19, Gavipuram Circle, Kempegowda Nagar, Bangalore 560 019, India)

## MSC T 102 Upanishad & Darshanas

Date: 06.12.2011

Time: 10.00 - 01.00pm

Marks: 100

(Five marks for neatness of the paper)

- Q 1.** a) Compare and contrast Shat Darshanas **6 Marks**  
b) Is Sankhya of shat Darshanas same as that in Gita ? Describe **2 Marks**
- Q: 2** a) How many are the Vedas? Their meaning and antiquity? **2 Marks**  
b) What are the differences between Jnana Kāīda and Karma Kāīda? **3 Marks**  
c) What is the relevance of Vedas to our lives in this high Tech Era? **5 Marks**
- Q: 3** a) What are Upanisads? How many? Name the ten major Upanisads. **4 Marks**  
b) What is Yoga and its connection to Upanisads ? **2 Marks**  
c) What are the two main conclusions of Upanisads? **1 Marks**
- Q: 4** a) What is Ātma Parikṣā? Describe Panca Kosa Viveka and compare the results with those of modern science? **10 Marks**  
Or  
4.b) Where has modern science reached in search for Reality?  
Describe the dimensions of Reality in Panca Kosa Viveka.
- Q: 5** Describe Happiness analysis as described in the Upanisads and the conclusion with examples from your own life experiences **10 Marks**
- Q: 6 Write short notes on any 5** **25 Marks**
- Layers of Silence
  - Mantras and Vedic chanting
  - The Energy Model
  - Prasthāna Traya
  - Pūrva Mimāmsā
  - Nīdīdhyāsana and Dhyāna
  - Prakriyas in Upanishads

**Q 7 Match the following**

**12 Marks**

- a. Prasthan Traya ( ) Mathematics
- b. Purva Mimamsa ( ) Purusha and Prakriti
- c. Yoga ( ) A state of Effortless single thought
- d. Nyaya ( ) Three streams of Indian Wisdom
- e. Sankhya ( ) Ritualistic realm of Vedas
- f. Meditation ( ) Mastery over the mind

**Q 8 Fill up the blanks**

**13 Marks**

- a. Astanga Yoga ----- 4 marks
- b. The four Vedas are----- 2 marks
- c. Dharana is ----- 2 marks
- d. The smallest Upnaishat is----- 2 marks
- e. No of Chapters in Gita ----- 1 mark
- f. The author of Purva Mimamsa ----- 1 mark
- g. Number of Mahavakyas ----- 1 mark

\*\*\*\*\*ALL THE BEST\*\*\*\*\*

# SWAMI VIVEKĀNANDA YOGA ANUSANDHĀNA SAMSTHĀNA

## स्वामी - विवेकानन्द - योगानुसन्धान - संस्थानम्

A University, established under Section 3 of the UGC Act, 1956  
(Eknath Bhavan, # 19, Gavipuram Circle, Kempegowda Nagar, Bangalore 560 019, India)

### MSC T 202 – Upanishads

Date: 04.12.2011

Time:10.00 - 01.00pm

Marks:100 Marks

#### I. Fill the blanks

5X1=5

1. तत् सत्यं स आत्मा \_\_\_\_\_
2. आचार्यवान् पुरुषः \_\_\_\_\_
3. प्राणः तेजसि, तेजः \_\_\_\_\_
4. त्रीणि बीजानि, अण्डजं जीवजम् \_\_\_\_\_
5. अन्नमयं हि सोम्य \_\_\_\_\_

#### II. Match the following

5X2=10

1. याज्ञवल्क्यः होता
2. अश्वलः ब्रह्मिष्ठः
3. जारत्कारवः राजर्षिः
4. आरुणेयः आर्तभागः
5. जनकः श्वेतकेतुः

#### III. Explain with reference (any three)

3X5=15

1. वाचारम्भणं विकारो नामधेयम् ।
2. भूय एव मा भगवन् विज्ञापयतु ।
3. अष्टौ ग्रहा अष्टौ अतिग्रहाः ।
4. यत्साक्षादपरोक्षात् ब्रह्म ।
5. केन यजमानो मृत्योराप्तिमतिच्युत्यते ।

#### IV. Explain with the contextual reference

5X5=25

- 1 ब्रह्मवन्धुः 2 अनूचानमानी 3 ब्रह्मिष्ठः 4 स मुक्तिः सातिमुक्तिः 5 अथ सम्पदः

#### V. Critically analyse the following (any three)

3X15=45

1. "येनाश्रुतं श्रुतं भवति" How knowing one, one can know everything?
2. Discuss āśvala's questions and yājñavalkya's answer.
3. What are analogies projected by आरुणि to explain तत्त्वमसि
4. श्रद्धत्स्व सोम्य Explain the role of श्रद्धा in a person's development

\*\*\*\*\*ALL THE BEST\*\*\*\*\*

**SWAMI VIVEKĀNANDA YOGA ANUSANDHĀNA SAMSTHĀNA**

स्वामी - विवेकानन्द - योगानुसन्धान - संस्थानम्

A University, established under Section 3 of the UGC Act, 1956  
(Eknath Bhavan, # 19, Gavipuram Circle, Kempegowda Nagar, Bangalore 560 019, India)

MPHC T 301 Models of Psychopathology and Therapeutic techniques - II

Date: - 09.12.2011

Time: 2 hrs

Marks: 50

Answer any 10 of the following.

10x5=50 Marks

1. Explain somatization disorder.
2. What is a life script?
3. Write a short note on Eric Berne.
4. How do you differentiate DID and Possession disorders.
5. Explain Cluster A personality disorders.
6. Explain ego states discussed in TA.
7. Define Games in TA.
8. How are strokes important in one's life?
9. How do you diagnose addiction disorder?
10. What are the different levels of transactions?
11. Write a short note on eating disorders?
12. What are the differences between factitious & malingering disorders

**SWAMI VIVEKĀNANDA YOGA ANUSANDHĀNA SAMSTHĀNA**

स्वामी - विवेकानन्द - योगानुसन्धान - संस्थानम्

A University, established under Section 3 of the UGC Act, 1956  
(Eknath Bhavan, # 19, Gavipuram Circle, Kempegowda Nagar, Bangalore 560 019, India)

**MPHC T Health Psychology**

Date: - 07.12.2011

Time: 2 hrs

Marks: 50

Answer any 10 of the following.

10x5=50 Marks

1. Explain the contribution of psychology in understanding health.
2. Discuss the mind body paradigm in the context of health.
3. How do theory and measurement contribute to health psychology?
4. Explain psychoneuroimmunology.
5. How to predict and improve adherence to medical treatment?
6. What are factors involved in increasing the coping style of an individual?
7. What are the alternative treatments available to treat stress and pain?
8. Explain the behavioral techniques that help people to manage stress and pain.
9. Discuss the role of health psychologist in chronic illness such as Alzheimer's disease, diabetes, asthma, HIV.
10. How is preventative strategies conceptualized in health psychology?
11. Explain the contribution of health psychology in "healthy people 2010"
12. What are the challenges for a health psychologists in the future?