

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

**Program:** BSc (Yoga & Vedic Therapy)  
**Subject Name:** Human System According to Yoga  
**Sem Period:** March, 2024 – July, 2024  
**Date:** 25.07.2024  
**Examination Mode:** Back Paper

**Semester:** 4<sup>th</sup> Semester  
**Subject Code:** BSYVTT 404  
**Batch:** September, 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
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. There are \_\_\_ gunas in every man.
2. \_\_\_ is the founder of Samkhya philosophy.
3. \_\_\_ guna makes a man ignorance and lazy.
4. \_\_\_ is the first evolute of Buddhi.
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 & Vedic Therapy)  
**Subject Name:** Values in Indian Epics & Puranas  
**Sem Period:** March, 2024 – July, 2024  
**Date:** 24.07.2024  
**Examination Mode:** Back Paper

**Semester:** 4<sup>th</sup> Semester  
**Subject Code:** BSYVTTE1 401  
**Batch:** September, 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
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. Importance of studying scriptural texts
2. What is dharmic life?
3. What are vedas?
4. What is Hinduism?
5. What is Hinduism?
6. Write five salient features of lord Rama:
7. Who wrote Yoga vasishtha text?
8. Who wrote the text of bhagavatgita?
9. What is the total number of mantras in Rigveda?
10. What is the importance of education?

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

**10 \*02 =20 Marks**

11. What is Gayatri mantra?
12. What is Samhita part of veda deal with?
13. Write the importance of Idol worship
14. Who is called as Trinity or Trimurti?
15. Who is Kalki?
16. What is Samaveda?
17. What does Brahmana deal with?
18. What is 'manusmriti'?
19. Write the root word of dharma
20. What is Aranyaka?
21. What is spiritual science?
22. What does the character of buddha depict?

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

**06 \*05 =30 Marks**

23. What is Gaia hypothesis?
24. What is Bhishma's character teaching us?
25. Importance of Itihaasa
26. What is shravana, manana and nidhyasana in strengthening the values for life?
27. What does the character of Arjuna teach us?
28. What is the basic concept of Vedanta?
29. What do you learn from the character of Lakshmana?
30. What is self-inquiry and why it is required?

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

**04\* 10 =40 Marks**

31. Explain trigunas according to bhagavatgita and how it can be corrected with the knowledge of values learnt in this subject.
32. What is Vedanta and synthesis of it with shad darshanas?
33. Explain Vedas and Upavedas in detail.
34. What does Advaita, Vishistadvaita and Madhva philosophies emphasize on and what is the message rendered?
35. How much relevance is manusmriti to the present society? What are the important features to adopt?
36. Which are the main four objectives for sustenance and self-realization of life?