

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: Cultural History of India
Sem Period: August, 2025 – December, 2025
Date: 28.11.2025
Examination Mode: Supplementary

Semester: 2nd Semester
Subject Code: BSYTT 202
Batch: August, 2022
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. Where was the Great Bath located within the Indus Valley Civilization?
2. In which age/era were crude weapons made by shredding the sides of a stone?
3. In Rig Vedic Society what was the primary occupation associated with a nomadic lifestyle?
4. Definition for the term 'Agama'
5. The importance of the word 'Tantra'
6. Who is referred to as Bharat in historical context?
7. In which year was the Pallava dynasty founded and who was its founder?
8. Who was commanded the first East India voyage in which year?
9. The names of the sectors within the economy?
10. Ancient India education system

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

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

06 *05 =30 Marks

23. What is a brief description or overview of the Bronze Age?
24. What is the concept or issue referred as the 'Aryan problem'?
25. The power of kundalini
26. Jataka Tales
27. Important Ancient Dynasties
28. Great Revolt of 1857
29. What is the power of Judiciary?
30. Explain the Levels in education system

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

04* 10 =40 Marks

31. Vedic Civilization in the context of ancient India
32. A brief overview of the Mahabharata and its cultural significance in shaping human life?
33. An explanation of the independence movements in India
34. The political parties and what were the significant transformations experienced by Indian politics following its independence?
35. Chakras and their significance within the human body.
36. What ways has the Sanskrit language influenced the world?



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Program: BSc (Yoga Therapy)
Subject Name: Essence of Principal Upanishads
Sem Period: August, 2025 – December, 2025
Date: 29.11.2025
Examination Mode: Supplementary

Semester: 2nd Semester
Subject Code: BSYTT 203
Batch: August, 2024
Time: 09.45 am to 12.45 pm
Max. Marks: 100

General Instructions:

1. Read all the questions carefully and then start writing
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Reg No:

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

10 *01 =10 Marks

1. What does the term 'Sadhu' literally mean in Sanskrit?
2. Which Upanishad contains a dialogue where the Shishya asks "By whom is the mind directed?"
3. Which Veda does the Kathopanishad belong to?
4. What was Nachiketa's second boon to Yama?
5. What is the metaphor used in 1-3-14 to describe the spiritual path?
6. To which Veda does the Mundaka Upanishad belong?
7. What metaphor is used for the final liberation in Mundaka Upanishad?
8. What is the term used for the sacred syllable 'Om' in the Chhandogya Upanishad context?
9. Who taught the supreme truth "Tat tvam asi" to Śvetaketu?
10. According to the Upanishad, what is the true meaning of yajña (sacrifice)?

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

10 *02 =20 Marks

11. Write the meaning of Upanishad
12. Write the concept of Karma Nishtha as per Ishavasopanishad
13. Explain the meaning of Prasthantra
14. Explain how atman is immortal as per kathopanishad
15. What do you mean by "sense knowledge is nothing"? – refer Kathopanishad
16. What do you mean by indivisible brahaman?
17. Write the lineage of rishis for Brahnavidya as per Mundaka Upanishad
18. What is real tapas as per Mundaka Upanishad?
19. Define the greatness of Brahamnvidya in short para.
20. What is the central goal of seer?
21. Write the total chapter, valli and mantras in Chhandogya Upanishad
22. What do you mean by purity of seer?

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

06 *05 =30 Marks

23. Explain the teaching of Yama in verse 1-2-1 about the distinction between 'Shreyas' and 'Preyas'.
How is this relevant in modern life?
24. Explain the message of the first mantra of the Isavasyopanishad: "*Ishavasyam idam sarvam* "
How does it guide us toward renunciation and spiritual enjoyment?
25. Distinguish between a Rishi, Maharshi, and Brahmarshi as explained in the document. Include the concept of the three types of 'eyes'.
26. Write a note on need of guru bhakti to realize Brahman and purity extolled for Brahman.
27. Describe how Prāṇa is portrayed as the chief among the vital energies in the third question of Prashnopanishad.
28. Explain the distinction between Para and Apra Vidya as described in the Mundaka Upanishad.
Which Vidya is considered superior and why?
29. Describe the reinterpretation of sacrifice (yajña) given in Chapter 8.5 of the Chhandogya Upanishad. How does the knower become the true sacrificer?
30. Explain the significance of the teaching "Sarvaṁ khalvidam brahma" (All this is verily Brahman) in Śāṇḍilya Vidyā. How does it change our perception of the world and Self?

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

04* 10 =40 Marks

31. Brief the dialogues between Udalaka and Svetketu with context.
32. Explain Sanatkumāra's instruction to Nārada on the spiritual ladder from nāma (name) to bhūma (the Infinite). What does this hierarchy imply for spiritual growth?
33. Briefly explain the story of Yama and Nachiketa and explain the essence of the same.
34. Summarize the four states of consciousness presented in the Mandukya Upanishad, and explain how they correspond to the syllables of AUM.
35. Briefly explain the force of desires and stages of moksha from mundaka Upanishad.
36. What is Brahamsutra? Briefly explain all the chapters.

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Program: BSc (Yoga Therapy)

Subject Name: Life and Message of Spiritual Yoga Master

Sem Period: August, 2025 – December, 2025

Date: 25.11.2025

Examination Mode: Supplementary

Semester: 2nd Semester

Subject Code: BSYTT 203

Batch: August, 2022

Time: 09.45 am to 12.45 pm

Max. Marks: 100

General Instructions:

1. Read all the questions carefully and then start writing
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Objective Types (Attempt All) – 1 Mark for each Question

10 *01 =10 Marks

1. Who compile vedas?
2. What are the three fundamental categories according to Ayurveda?
3. Period of Matsya Avatara
4. Name of the 23rd trithankara.
5. Birth place shankara
6. Mother name Ramanuja
7. Birth date Swami Satyananda
8. When Swami Rama become Shakaracharya and where?
9. Who was the guru of Swami Sivananda Saraswati?
10. According to Buddhist doctrine, the universe is the product of?

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

10 *02 =20 Marks

11. What is the meaning of Agnosticism?
12. What is the badhak tatwa? Name all.
13. Brief explanation about prasthantrayi.
14. Name the 10 incarnation in sequence.
15. Purpose of Parashurama Avatara
16. How many monasteries Shankaracharya established? Name and place.
17. What is Aurobindo's *Integral Yoga*?
18. By following of what path leads to the *viveka-khyati*?
19. Yogic lifestyle for Manomaya kosha.
20. What is fourfold restraint? Who established it? Name all.
21. Main works of Rishi Veda Vyasa.
22. Myth regarding different yogic lifestyle.

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

06 *05 =30 Marks

23. Explain about vedanga
24. Explain Thrayo-Upasthamba.
25. The Karm Yogi qualities of Shri Krishna. One Shloka.?
26. What the kleśas according to PYS? Name all with meaning.
27. What is the path of inquiry for understanding the nature of the mind?
28. What is the relation between desirelessness and wisdom?
29. Write the story of Practice Makes Perfect from *Living with Himalayan Masters*.
30. Author & Number of puranas, and name all.

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

04* 10 =40 Marks

31. What is the correlation between healthy lifestyle and doshas?
32. Brief story of Narasimha Avatara
33. What are the qualities untouched by Ishwara according to PYS? Explain the meaning of all the untouched qualities according to PYS
34. Write a biography of Maharishi Ramana and Swami Satyanada Saraswati.
35. Write a one Moral story related to
 - a. Swami Vivekananda
 - b. Ramakrishna Paramhansa
 - c. Sharada Ma
36. What are the two main sect of Jainism? What are the ten dreams and their significance?

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Program: BSc (Yoga Therapy)

Subject Name: Patanjali Yoga Darshana – 1

Sem Period: August, 2025 – December, 2025

Date: 28.11.2025

Examination Mode: Supplementary

Semester: 2nd Semester

Subject Code: BSYTT 204

Batch: August, 2024

Time: 09.45 am to 12.45 pm

Max. Marks: 100

General Instructions:

1. Read all the questions carefully and then start writing
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Reg No: _____

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

10 *01 =10 Marks

1. _____ is considered as first bhasya (explanation) of Patanjali Yoga Sutra
2. Pratyakshya, Anumana and Aagama are called _____ Vrutti?
3. The Sadhana Pada of Patanjali Yoga Sutra contain _____ Sutras..
4. Meaning of Mudita is _____.
5. Heyam is _____.
6. _____ is Hanam
7. _____ is Heya hetu.
8. Viveka is _____
9. Tanu karana means _____
10. Jati, Ayu & Bhoga are _____

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

10 *02 =20 Marks

11. Satva guna
12. Ahamkara
13. Niruddha
14. Ritambhara Prajnaya
15. Pratipaksha Bhavana
16. Para Vairagya
17. Avidya
18. Heyam
19. Aparigraha
20. Names of Asamprajnata Samadhi
21. Nirvitarka Samapatti
22. Viparyaya

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

06 *05 =30 Marks

23. Write a note on Nine Antarayas.
24. What are Videha and Prakrutilayas?
25. Explain what is 'Viveka Kshyati' and the process of generating it?
26. Explain Sabda, Artha and Jnana with an example
27. Write a note on Chitta Vikshepas
28. Explain the concept of Pranayama with sutras
29. Explain the benefits of Practicing Niyama with Sutras
30. Explain Nirvitarka and Nirvichara Samapatti

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

04* 10 =40 Marks

31. Explain the ways of Chitta Prashadanam with Sutras
32. Explain the 25 tatvas of Sankhya Philosophy with a flowchart of evolution
33. Explain various types/stages of Samadhi as explained by Patanjali Maharshi.
34. How does everything is suffering (Dukkha) for a person who has cultivated Viveka?
35. Explain the Concept of Ishwara and Iswarapranidhana in details
36. Describe the concept of *Prakriti* and its three Gunas as a basis for evolution