

BSc YT

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: Applied Yoga
Sem Period: March, 2024 – July, 2024
Date: 15.07.2024
Examination Mode: Regular

Semester: 6th Semester
Subject Code: BSYTT 602
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. The relaxation induced by cyclic meditation can lead to improved quality of
2. Main key of raja yoga “the path of self-control” is
3. Main key of Jnana yoga “the path of self-analysis” is
4. One of the objectives of school health service is the prevention of
5. The stress accumulated at the body level as stiffness of joints and spasms of muscles can be released by the practice of
6.prana flows throughout the body
7. “No achievement is possible for the”.
8. Effortless dwelling of a single thought is
9. Osteopenia (decrease in bone mineral content) is very common in
10. Learning by doing various physical activities is

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

10 *02 =20 Marks

11. What are the main aims of School Health Services?
12. Why most of the psychosomatic disease start in Manomaya kosha?
13. Define Aging.
14. What is Eustress?
15. What are the main aims of School Health Services?
16. Explain the two kinds of stress distinguished by Selye and Levi.
17. Define Sports.
18. Write few practices for improving Respiratory system during old age.
19. Write the meaning of Cyclic Meditation’s prayer
20. Explain the three phases of QRT
21. Define Balance.
22. What is Muscular Endurance?

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

06 *05 =30 Marks

23. According to sage Patanjali what is Kalesha? Please Explain.
24. what are the main guidelines for practicing yoga for old age?
25. Explain about Parent-Teacher-Student relationship in a School Health.
26. Define Physical education according to various peoples.
27. Explain how yoga helps in old age?
28. How Yogic lifestyle is helpful in improving efficacy in sports personnel?
29. What is Raja Yoga?
30. What is SMET? Write in detail about SMET

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

04* 10 =40 Marks

31. Explain in detail about yogic management of stress.
32. What are the main components of physical fitness? Explain in details.
33. Explain about the Physiological changes on different systems of body associated with Aging.
34. How Yogic lifestyle is helpful in improving efficacy in sports personnel?
35. Make a detailed Yoga Module for Swimming.
36. How can yoga be helpful for sports person? Explain based on research studies

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Program: BSc (Yoga Therapy)

Subject Name: Introduction to Hatha Yoga and its Texts

Sem Period: March, 2024 – July, 2024

Date: 12.07.2024

Examination Mode: Regular

Semester: 6th Semester

Subject Code: BSYTT 603

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

10 *01 =10 Marks

1. The Hatha Yoga Pradipika was written by _____.
 - a. Swami Svatmarama
 - b. Patanjali
 - c. Gorakshanath
 - d. Adi Yogi Shiva.
2. The practice of Hatha Yoga helps in balancing the _____ and _____ energies.
 - a. Spiritual, Material
 - b. Mind, Body
 - c. Positive, Negative
 - d. Ida, Pingala
3. Gajakarani is said to resemble the actions of which animal in the Hatha Yoga Pradipika?
 - a. Elephant
 - b. Tiger
 - c. Snake
 - d. Eagle.
4. Improper practice of Pranayama can arise diseases like.....
 - a. Asthma
 - b. Coughs
 - c. Headache, ear and eye pain
 - d. All the above.
5. What is the effect of Mula Bandha according to the Hatha Yoga Pradipika?
 - a. Relaxation
 - b. Stop the upward movement of energy
 - c. Cooling
 - d. Stretching
6. Which of the following is not one of the six kriyas mentioned in the Gheranda Samhita?
 - a. Dhauti
 - b. Chakri
 - c. Neti
 - d. Trataka
7. What is the primary purpose of 'Kriyas' in the Gheranda Samhita?
 - a. Strength
 - b. Steadiness
 - c. Cleansing
 - d. Perception
8.is the ninth kumbhaka According to Hatha-Ratnavali.
 - a. Bhujangakarani
 - b. Mūrccā,
 - c. sītkāri
 - d. kevala
9. How many stages are there in all the yogic practices?
 - a. 4
 - b. 6
 - c. 8
 - d. 10
10. What is the main purpose of practicing pranayama according to the Hatha Yoga Pradipika?
 - a. To increase physical strength
 - b. To cleanse the nadis (energy channels)
 - c. Both a and b
 - d. To improve digestion

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

10 *02 =20 Marks

11. Give the name of any 8 Hatha yogis listed in Hatha Yoga Pradipika
12. Write down any 8 conductive (Pathya) foods name?
13. Write two benefits of Shavasana
14. Complete the Shloka *Cale vaate calam cittam*.....
15. How many bandhas are explained in HYP and what are those?
16. Explain Kevala Kumbhaka
17. Which sounds are heard at Arambha and Parichaya state of Nadanusandhana?
18. Enlist different types of Dhyana from Gheranda Samhita.
19. What are the two types of karmas explained in Shiva Samhita
20. What are the benefits of Bhastrika pranayama according to HYP?
21. According to HYP how many times and when pranayama should be practised
22. What are the Symptoms a yogi experiences when Nadi gets purified?

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

06 *05 =30 Marks

23. Explain the concept of Mitahara from HYP
24. Write a short note on Mayurasana & Simhasana from HYP?
25. Write a short note on khechari mudra from HYP?
26. Explain the concept of Prana
27. Explain concept of Samadhi as mentioned in HYP
28. Write a short note on any two Kumbhakas from HYP?
29. Explain the process of Nadishodhana.
30. Explain Shambhavi Mudra

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

04* 10 =40 Marks

31. Write an essay summarizing the third chapter of Hatha Yoga
32. What is the relevance of Hatha yoga in contemporary times?
33. Explain in detail about Shodhana kriyas from HYP.
34. Explain Naadanusandhana as described in HYP
35. Explain in detail about 4 best asanas according to Hatha Yoga Pradipika
36. Write an essay summarizing the first chapter of Hatha Yoga.

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
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Program: BSc (Yoga Therapy)
Subject Name: Narada Bhakti Sutras
Sem Period: March, 2024 – July, 2024
Date: 10.07.2024
Examination Mode: Regular

Semester: 6th Semester
Subject Code: BSYTTE1 601
Batch: September, 2021
Time: 09.45 am to 12.45 pm
Max. Marks: 100

General Instructions:

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

10 *01 =10 Marks

1. Upon attaining bhakti, a person becomes:
 - A. Rich and famous
 - B. Perfect, immortal, and content
 - C. Knowledgeable in scriptures
 - D. Renowned in society
2. True bhakti leads to a state where one no longer:
 - A. Desires, grieves, or hates
 - B. Works, eats, or sleeps
 - C. Studies, learns, or reads
 - D. Travels, communicates, or interacts
3. Knowing bhakti results in:
 - A. Wealth and power
 - B. Ecstasy, silence, and self-satisfaction
 - C. Academic success
 - D. Physical fitness.
4. Which of the following is NOT considered an obstacle to Bhakti?
 - A. Ego
 - B. Greed
 - C. Humility
 - D. Anger
5. Narada mentions that Bhakti is superior to which of the following?
 - A. Yoga
 - B. Knowledge
 - C. Both Yoga and Knowledge
 - D. Karma
6. Narada emphasizes the importance of certain practices to attain Bhakti. Which practice is mentioned?
 - A. Knowledge of scriptures
 - B. Devotion to one's guru
 - C. Constant remembrance of God
 - D. Ritualistic worship
7. Which of the following mentioned an example of Unconditional, pure love?
 - A. Prema of Jara
 - B. Gopikas of Vraja
 - C. Gopals of Vraja
 - D. Scholars(Janani)
8. In Ramayana, Yatayu's devotion:
 - A. Batslya
 - B. Santa bhava
 - C. Atmanivedana
 - D. Padasevanam
9. According to Shandilya bhakti can be generated
 - A. Warship
 - B. Listening to Lila of god
 - C. Dwelling on Atman
 - D. Reading scriptures
10. Which is not a bhakti Shastra
 - A. Gita Govinda
 - B. 12th Chapter of Bhagavata
 - C. Narada Bhakti Sutra
 - D. BrahmaSutra

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

10 *02 =20 Marks

11. *Sutra*
12. *Atha*
13. Brahma Kumara
14. *Apara Bhakti*.
15. *Para Bhakti*
16. Disciples of Narada
17. Teachers of Devotion
18. Do's and don'ts in Bhakti
19. *Atmanivedana*
20. परमविरहासक्ति
21. Effect of association of Evil minded people
22. Nature of worldly love

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

06 *05 =30 Marks

23. Explain the nature of true love (*Parama Prema*).
24. Explain what is *Maya* and its effect.
25. Examine Narada's views *Satsang* for the cultivation of Bhakti.
26. Importance of *Guru krupa* in devotion.
27. What are the causes of fall down in the path of devotion?
28. Explain of the word Nirodha as per N.B.S Vs P.Y.S.
29. Explain the meaning of the sutra यथा व्रजगोपिकानाम् ।
30. Discuss the concept of '*Ananya Bhakti*' as described in the N.B.S

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

04* 10 =40 Marks

31. What is the meaning of Narada explain with story of Narada's earlier life?
32. Explain the characteristics of devotees according B.G. and N.B.S.
33. Explain the *Ekadasha Bhakti* with examples according to N.B.S.
34. Explain the Sadhanas to be practice to generate Bhakti.
35. Explain characteristics of 'devotional service' according to different Acharyas mentioned in N.B.S.
36. Explain the significance of '*Smarana*' (remembrance of God) in the practice of Bhakti according to Narada. How does constant remembrance impact the life and spiritual progress of a devotee?

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Program: BSc (Yoga Therapy)
Subject Name: Yoga Psychology & Counselling
Sem Period: March, 2024 – July, 2024
Date: 17.07.2024
Examination Mode: Regular

Semester: 6th Semester
Subject Code: BSYTTE2 601
Batch: September, 2021
Time: 09.45 am to 12.45 pm
Max. Marks: 100

General Instructions:

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

10 *01 =10 Marks

1. What is Psychology?
2. Mention the three components of mind?
3. What is Behaviour
4. What is memory?
5. What do you understand by 'Trait' personality?
6. What is neuroscience?
7. Name the classification of kleshas?
8. What are anthahkarana
9. What is Yogic counselling?
10. Describe temperament

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

10 *02 =20 Marks

11. Name the five Personality theories.
12. Definition of personality according to psychologist Henry Murray
13. Why chitta bhumi is called a 'bhumi'?
14. Define Stress affecting behaviour.
15. What is nirudha and vikshipta?
16. What is Anavastitatva?
17. Definition of vyadhi and write its types
18. Name the temperaments based on bodily humours given by Hippocrates
19. What is avirati?
20. What is brain mapping? Give the abbreviations for EEG, CT, PET & MRI.
21. What is Kirlian photography
22. Name the type of people categorised by Carl Jung

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

06 *05 =30 Marks

23. Explain the psychodynamic theory by Sigmund Freud
24. How psychological stress becomes the cause of physical stress
25. Explain how 'Abhinivesha' leads to distress and yogic remedy for it.
26. What is Physiological stress and Psychological stress with respect to behaviour?
27. Explain the state of Upeksha with examples.
28. What is chitta prasaadanam and explain with behavioural change examples.
29. What is "Mudha"? What is the role of Vijnanamaya kosha in not getting succumb to it?
30. What are the functions and doshas of mind and explain the remedial measures?

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

04* 10 =40 Marks

31. What are the different branches in modern psychology and explain its perspective?
32. What is Anxiety and how does anxiousness affect one's behaviour in context with triguna's.
33. 'Stress is the reaction to a demanding situation' how do you resolve using the psychology learning skills – Explain in detail.
34. What is Super ego? Who gave this theory to modern psychology? And to which kosha do you compare this according to yoga.
35. What's your view on modern day counselling and yogic lore counselling? Explain with examples.
36. What is Adhija vyadhi according to yoga, and explain the manasika guna dosha.