

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

Program: PhD (Yoga)
Subject Name: Yoga Shastras
Sem Period: March, 2024 – July, 2024
Date: 17.07.2024
Examination Mode: Regular

Semester: 1st Semester
Subject Code: PhDT 105
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:

Short Essay (Attempt any Six) – 10 Marks for each Question

06 *10 =60 Marks

1. Explain obstacles (i.e., Chitta-vikshepas) and the process to overcome the obstacles.
2. What are 15 asanas mentioned in HYP explain any two Asanas in detail?
3. Explain Naadanusandhana (Samadhi) as described in HYP.
4. The Yoga Sutras discuss the nature of suffering (duhkha) and its causes. Critically evaluate Patanjali's approach to overcoming suffering and achieving liberation (Moksha) through the practice of yoga.
5. The Yoga Sutras discuss the concept of Kleshas (afflictions) as obstacles on the path to yoga. Explain the five Kleshas and how they hinder our progress towards liberation.
6. What is Raja Yoga? Explain the term "Hatha". Explain 6 causes of success, 6 causes of failure and Characteristics of hermitage/place as mentioned in HYP.
7. Concept of Mitahara (moderate diet) according to HYP.
8. What is Chitta? Enlist the Chitta-Vrittis, Chitta Bhoomi, Chitta Vikshepa, (obstacles) and transformation of Chitta (Chitta Parinaama)

Long Essay: (Attempt any Two) – 20 Marks for each Question

02* 20 =40 Marks

9. Explain any five Kumbhakas (Pranayama) as mentioned in HYP.
10. Write the gist of HYP and explain its importance in modern scenario.
11. The concept of Samadhi (enlightenment) is the ultimate goal described in the Yoga Sutras. Analyze the different types of Samadhi and the various paths outlined in the Yoga Sutras to achieve this state.

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Program: PhD (Yoga)
Subject Name: Samskrit Bhasha Vijnanam
Sem Period: March, 2024 – July, 2024
Date: 15.07.2024
Examination Mode: Regular

Semester: 1st Semester
Subject Code: PhDT 104
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:

Short Essay (Attempt any Six) – 10 Marks for each Question

06 *10 =60 Marks

1. Write any ten *Sanskritam* words with its meaning and plural form.
2. Make one sentence each for all nine formations (लट् लकार) of any three verbs of your choice.
3. Mention names of the days of a week in *Sanskritam*.
4. Write any two *shlokas* with meaning.
5. Write the numbers from 1 to 20 in *Sanskritam*.
6. Write in detail about the origin of *Sanskritam* language. Describe the contribution of Sage *Panini* for *Sanskritam*.
7. What are *kanthya*, *talavya*, *moordhanya*, *dantya* and *oshthya*?
8. Write the time for the following in *Sanskritam*: 9:00, 9:15, 9:30, 9:45, 9:50, 9:55

Long Essay: (Attempt any Two) – 20 Marks for each Question

02* 20 =40 Marks

9. What is the division of alphabets (*varnas*) in *Sanskritam*? Write the whole *Varnamala*.
10. Write conjunct letters combo (consonants+vowels) for these letters: त् स् ल् प् क् घ् ख् ज् द् म्
11. Mention all the declensions (शब्द रूप) for the given words राम । फलम् । लता।