

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)

A Deemed to be University established under Section 3 of the UGC Act, 1956

Program: BSc (YT)/(YC)
Subject: Yoga Vashistha
Sem Period: Aug, 2021 – Dec, 2021
Date: 3rd Dec, 2021
Examination Mode: Regular

Semester: 3rd Sem
Subject Code: BSYTT 301/BSYCT 303
Batch: Sep, 2020
Time: 09.30 am to 12.30pm
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:

Multiple Choice Questions (Attempt All)

10*1=10 Marks

1. Quality of a student for the study of the Yoga Vashsistha is.....
 - A. Who is completely in Avidya
 - B. Who is in Moha
 - C. Who is completely ignorant
 - D. Who is neither ignorant nor is the knower of truth
2. The main theme of Yoga Vashistha is.....
 - A. The soul is undergoing a dream from which it must awake.
 - B. Brahma Satyam Jagat Mithya
 - C. Tat TvamAsi
 - D. None of the above
3. Sage Agastya explains the two wings of birds asand.....
 - A. Karma and Wisdom
 - B. Prakriti and Purusha
 - C. Atma and Paramatma
 - D. Jiva and Jagat
4. Which one of the followings is not categorized under the Sadhana Chtustaya?
 - A. Mumuksha
 - B. Viveka
 - C. Vairagya
 - D. Shanti

5. Atma and Paramatma are the two main concepts of the philosophy of:
- Vedanta
 - Samkhya
 - Nyaya
 - Vaisheshika
6. According to Yoga Vashistha, which one of the followings is not categorized under Jnanabhoomika?
- Shubhechha
 - Vicharana
 - Sadbhavana
 - Tanumanasa
7. The pillar to attain moksha is
- Santosh
 - AtmaNivedana
 - Vairagya
 - Viveka
8. The philosophy of yoga Vashistha is called as :
- Advaita
 - Dvaita
 - Vashisthadvaita
 - Dvaitadvaita
9. Yoga Vashistha emphasizes on.....
- Jnana Yoga
 - Bhakti Yoga
 - Raja Yoga
 - Mantra Yoga
10. Yoga Vashistha is written by
- Sage Vashistha
 - Maharshi Valmiki
 - Rishi Vishwamitra
 - Apurusheya

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

10 *2 =20 Marks

- Enlist Moksha-dvaaras.
- Enlist the Shad-darshanas
- Enlist Saadhana-Chatushtaya
- Enlist the Shat-sampatti. (6 virtues to acquire).
- Enlist the Chapters in Yoga-Vasishta.
- Enlist Pancha-bhutas.
- Enlist Tanmatras.

18. Enlist Karmendriyas.
19. Enlist the 4-layers of each Veda.
20. Enlist the 10 primary Upanishads.
21. Enlist the 4-mahavakyas from Upanishads.

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

6* 5 = 30 Marks

22. Write a Short essay on Rishi Vasiṣṭha.
23. Describe Sri Rama and his dispassion over the worldly existence.
24. Write a Short essay on the Story of “King Janaka”, in relation to UpashamaPrakarana
25. Explain the story of origin of Rishi Vashsitha as mentioned in Mumukshprakarana.
26. Explain the story of “Deceitful Indra” and how it is related to the concept of Utpatti-Prakarana
27. Write a Short essay on the Story of “Bhageeratha”, according to Nirvana Prakarana
28. Write a Short essay on the “Story of Suka”, from Mumukshu-Prakarana.

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

4* 10 =40 Marks

29. Elaborate on Sapta-bhoomikas, as described in Yoga Vasishta.
30. Explain the concepts of Vedanta in relation to Yoga.
31. Explain the story of “Leela” and how it is related to the concept of Utpatti-Prakarana
32. Write a Long-essay, Introducing the Vairagya-Prakarana
33. Write a Short essay on the Story of “Gadhi”, in relation to Upashama Prakarana.

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

Program: BSc (YT)/(YC)
Subject: Methods of Teaching Yoga
Sem Period: Aug, 2021 – Dec, 2021
Date: 06, Dec, 2021
Examination Mode: Regular

Semester: 3rd Sem
Subject Code: BSYTT 302 /BSYCTE1 301
Batch: Sep, 2020
Time: 09.30 am to 12.30 pm
Max. Marks: 100

General Instructions:

Reg No:

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

Multiple Choice Questions (Attempt All)

10*1=10 Marks

1. Which one is closely link with class room management
 - a. Motivation
 - b. Discipline
 - c. Respect
 - d. All of above
2. Which one is Good Quality of Teacher?
 - a. Clarity of perception and knowledge
 - b. Freedom from desire for the fruits of his action
 - c. Purity and selflessness
 - d. All of above
3. What is Collaborating Method?
 - a. Students talk among each other
 - b. Discussion all Point of view
 - c. Helps to think in an unbiased way
 - d. All of above
4. Teacher performs practically and explains in
 - a. Lecture method
 - b. Discovery method
 - c. Demonstration method
 - d. Problem solving method

5. In Asana Eight Step methods Which Step is 3rd step?
 - a. Demonstration
 - b. Limitations and benefits
 - c. Individual practice
 - d. None of above
6. Which one is not a Suksma Vyayama Practice
 - a. Toes Rotation
 - b. Toes bending
 - c. Ankle bending
 - d. Suryanamaskara
7. Which one is Prone Posture
 - a. Salabhasana
 - b. Vakrasana
 - c. Ustrasana
 - d. All of Above
8. Peer culture constitutes
 - a. Socialization
 - b. Individualization
 - c. Both a & b
 - d. None of a & b
9. Which one is not the type of lesson plans on the basis of objectives
 - a. Micro lesson plan
 - b. Cognitive lesson plan
 - c. Affective lesson plan
 - d. Psychomotor lesson plan
10. What is summative assessment
 - a. Evaluate learning needs
 - b. Class room management
 - c. Lesson plan
 - d. Evaluate Process of learning

Short Notes (Attempt All) – 2 Marks for each Question

10 * 2 = 20 Marks

11. What is 'setting the atmosphere'?
12. Define the terminology "Education"
13. Define the terminology "Learning"
14. Define the terminology "Teacher"
15. Define the terminology "Student"
16. What are the advantages audio and visual teaching aids.
17. Principles to be adopted during Pranayama session.
18. Describe the principles to be adopted during Relaxation techniques.
19. Name the categories of Dharana techniques.
20. Write the criteria for assessing for Kriya techniques.

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

6 * 5 = 30 Marks

21. Describe about seating arrangement for the yoga class along with the figure?
22. Psychological principles of Yoga practices.
23. Explain on 'Demonstration Method'.
24. Explain 'Project based teaching Method'
25. Explain on 'Brain storming teaching method'.
26. Lesson plan of teaching 'Jala Neti'
27. Write about 'self-evaluation' by the teachers.

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

4 * 10 = 40 Marks

28. Explain the principles to be adopted for handling difficult students.
29. Explain the teaching principles of yoga practices with examples?
30. Describe the teaching aids in yoga and its importance?
31. What are the essential points of a good Lesson Plan? Explain the advantages of a written lesson plan?
32. Explain the different assessment procedures along with their merits.

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)

A Deemed to be University established under Section 3 of the UGC Act, 1956

Program: BSc (YT)/(YC)

Semester: 3rd Sem

Subject: Life and Message of Ancient Yoga Masters • **Subject Code:** BSYTT 303/BSYCTE2 301

Sem Period: Aug, 2021 – Dec, 2021

Batch: Sep, 2020

Date: 08, Dec, 2021

Time: 09.30 am to 12.30pm

Examination Mode: Regular

Max. Marks: 100

General Instructions:

Reg No:

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

Fill in the Blanks/Multiple Choice Questions (Attempt All)

10*1=10 Marks

1. Patanjali was the incarnation of _____.
2. Siddharth Gautama was the son of _____.
3. _____ was the father of Prahlad.
4. _____ Vedanta was propagated by Adi Shankaracharya.
5. Bhagavad Gita is _____ Prasthan.
6. Vedas are transferred in terms of stories, which are known as _____.
7. Ramayana and Mahabharata come under _____ and _____ Uga.
8. Lord Vishnu took 10 incarnations to establish _____.
9. _____ was a Rajarishi.
10. Janaka was the king of _____ city.

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

10 *2 =20 Marks

11. List the qualities of a Yogi.
12. Name any 5 yogic literature texts.
13. Name the 10 incarnations of Paramatman.
14. Name the king and how he saved the life of the Giant Fish (Matsya).
15. Name the 2 avatars that took place in the whole Samudra Manthan story.
16. Name the poison that came out of churning, and who saved all the devas and asuras from the effect of that poison.
17. Why Janaka is called the Raj Rishi.

18. Who was Ravana ?
19. Name the literary works of Krishna Dwaipayana.
20. Mention the four Math which was established by Aadi Shankara.
21. Mention the three schools of Vedanta.

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

6* 5 = 30 Marks

22. Write the story of birth of Shri Rama.
23. Write the story of birth of Siddharth Gautama.
24. Write about the life of Patanjali.
25. Write a short note on Parashurama Avatar.
26. Write a short note on Vamana Avatar.
27. Write a short note on Matsya Avatar.
28. Write a short note on Narasimha Avatar.

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

4* 10 =40 Marks

29. Explain the Contribution of our ancient masters.
30. Explain Yoga way of life according to you?
31. Explain briefly about the yogis mentioned in the Ramayana.
32. Explain the contribution of three Acharyas.
33. Explain the story of Swami Vivekananda.

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)

A Deemed to be University established under Section 3 of the UGC Act, 1956

Program: BSc (YT)/(YC)
Subject: Introduction to Vedas & Vedangas
Sem Period: Aug, 2021 – Dec, 2021
Date: 13th Dec, 2021
Examination Mode: Regular

Semester: 3rd Sem
Subject Code: BSYTTE2 301/BSYCT 302
Batch: September, 2020
Time: 09.30 am to 12.30pm
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:

Fill in the Blanks (Attempt All)

10*1=10 Marks

1. The term "Veda" came from the root word ____.
2. Rig Veda mantras are known as ____.
3. Rig Veda describes ____ number of Devatas.
4. Shama means ____.
5. Shiksha means ____.
6. Niruktha represent ____ part of the Veda Purusha.
7. Vishesh Dharma is also known as ____.
8. The 4 Swaras are Udatta, ____, Svarita and DeerghaSvaritha.
9. ____ Dharmas are adopted in emergency situation.
10. Ahimsa means ____.

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

10 *2 =20 Marks

11. Define Vedas and mention it's root word.
12. Define the Naimitya Karma.
13. Define Sanchita Karma.
14. Name the 6 Vedangas.

15. Define Shravana
16. Differentiate between Para and Aparavidya.
17. Make the flow chart of Vedas and its classifications.
18. Define Shama and Dama.
19. Define Prasthan Traya.
20. Mention four Purusharthas.
21. Define Grihastha.

Short Essay: (Attempt any Six) – 5 Marks for each Question 6* 5 = 30 Marks

22. Write a short note on Rig Veda and Sama Veda.
23. Explain what is Dharmas and its types.
24. Write a short note on Jyotisha.
25. Write a short note on Kalpa.
26. Write notes on the 3 Kandas of the Vedas.
27. Explain about the 4 Purushartha.
28. Explain three karmas.

Long Essay: (Attempt any Four) – 10 Marks for each Question 4* 10 =40 Marks

29. Explain Pancha Mahayajna.
30. Explain six Vedangas.
31. Explain in detail the Dharma and all its types.
32. Explain how this part of land got all its names (Bharat, India, Hindustan).
33. Explain content of Vedas along with concept of Para and Aparavidya.

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

Program: BSc (YT) & (YC)

Semester: 3rd Sem

Subject: Essence of Bhagavad Gita for
Personality Development

Subject Code: BSYTT 304 / BSYCT 304

Sem Period: Aug, 2021 – Dec, 2021

Batch: Sep, 2020

Date: 10th Dec, 2021

Time: 09.30 am to 12.30 pm

Examination Mode: Regular

Max. Marks: 100

General Instructions:

Reg No:

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

Fill in the Blanks/Multiple Choice Questions (Attempt All) 10*1=10 Marks

1. Who is the author of Bhagavad-Gita?
2. _____ is known / called as 'Yoga Shastra'.
3. Srimad Bhagavad-Gita is seen in _____ parva of Mahabharata.
4. Who preaches the Bhagavad-Gita?
5. Who surrenders and becomes the disciple of Sri Krishna?
6. Where did Krishna preach Bhagavad-Gita to Arjuna?
7. Bhagavad-Gita is the essence of _____.
8. How many chapters are there in Bhagavad-Gita?
9. _____ is known as 'Smriti Prasthan' in Indian Philosophy.
10. The purpose of Bhagavad-Gita is to impart _____.

Short Notes (Attempt any Ten) – 2 Marks for each Question 10 *2 =20 Marks

11. Write the various definitions of Yoga in Bhagavad-Gita.
12. What is the cause for Arjuna's dejection (Vishada)?
13. Write about the Krishna's teachings on Immortality of Atman, Nature of Death.
14. Write about the nature of the Body in the words of Krishna.
15. What is the result of brooding on the objects of senses?
16. Who is called a hypocrite (Mithyachara)?
17. Explain on 'the Wheel of Life'.

18. According to Sri Krishna, who among the Yogis is the best one?
19. How is 'the Tree of Life' described in Bhagavad-Gita?
20. According to Sri Krishna, how one can cut the tree to get Moksha?
21. What are the marks of the Yogi who has attained perfection in Yoga?

Short Essay: (Attempt any Six) – 5 Marks for each Question 6* 5 = 30 Marks

22. Explain the Real and the Unreal in the words of Sri Krishna.
23. 'Atman Transcends Mind and Speech' – explain.
24. How an individual can transform Karma into Karma Yoga- explain.
25. Explain the Concept of Yajna as described in Karma Yoga in Bhagavad-Gita.
26. In the teachings of Sri Krishna, how an individual can root out the Ego?
27. Who among the devotees, becomes the favourite of the Lord – Explain?
28. Explain about the Three kinds of Food.

Long Essay: (Attempt any Four) – 10 Marks for each Question 4* 10 =40 Marks

29. What is the 'Key to Yoga' taught by Sri Krishna – explain.
30. Explain the Concept of Sthitaprajna (the Enlightened) in Bhagavad-Gita.
31. Summarize the teachings of Sri Krishna on Dhyana Yoga / the Yoga of Meditation.
32. Summarize the teachings of Sri Krishna on Bhakti Yoga / the Yoga of Devotion?
33. How the Demerits turned into Merits in the teachings of Sri Krishna?
