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: Introduction to Shad Darshanas
Sem Period: August, 2025 to December, 2025
Date: 28.11.2025
Examination Mode: Supplementary

Semester: 3rd Semester
Subject Code: BSYTE1T 304
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:

Objective Types (Attempt All) – 1 Mark for each Question **10 *01 =10 Marks**

1. We find references to the Sānkhya-Yoga doctrines in Mahābhārata/Rāmāyaṇa
2. īśvarakṛṣṇa composed Sānkhya-Kārikā- True/False
3. Bṛhaspati is said to be the author of the Chārvāka/Jaina/Nyāya philosophy.
4. Pramāṇas/Prameyas means- the means of right cognition.
5. Vijñānabhikṣu/Patañjali in the sixteenth century, tried to revive the earlier theism in Sānkhya.
6. 'They recognize perception only as a means of valid knowledge.' Who?
7. Vedādhyayana means the recitation of the ..... portion (saṃhitā/āraṇyaka)
8. The word "yajus" is derived from the root ....., which means worship.
9. Sānkhya believes in Satkāryavāda/Vivartavāda
10. Conception of liberation mokṣa is common to all the schools of philosophy except the Chārvakas/Vaisheṣikas/Vedātins

Short Notes (Attempt any Ten) – 2 Marks for each Question **10 *02 =20 Marks**

11. Why is Kaṇāda called so?
12. Name four Acharyas of Vaiśeṣika?
13. Write a small note on Mahat
14. Where are the germs of the Cārvāka'Philosophy found?
15. What are trividha duḥkhas?
16. Enlist the Kevala-Vikrtis (Sāṅkhya)
17. Name any four principal Upanishads
18. Write a small note on objectives of darśana- "initial pessimism and ultimate optimism."
19. Name four texts of Yoga.
20. Quote a karika of your choice from Cārvāka
21. Name the Niyamas
22. What is ātmā as per Cārvākas? Comment briefly

Short Essay (Attempt any Six) – 5 Marks for each Question **06 *05 =30 Marks**

23. Name the chapter divisions of yoga darśana.

24. Write a short note on Sāmaveda

25. Write a short note on Yajurveda.

26. Compare and contrast a philosopher and a scientist

27. Give the five proofs for the existence of Prakṛti as per Sāṅkhya

28. Ahankāra is said to be of three kinds- explain in short.

29. The modifications of the Chitta (चित्तवृत्तयः) are of five kinds- Explain in short

30. Comment on the - Belief in the Authority of the Vedas by darśanas

Long Essay: (Attempt any Four) – 10 Marks for each Question **04* 10 =40 Marks**

31. Write an essay on Common Characters of Indian Philosophy

32. Write an essay on Gita Upanishad as a darśana.

33. Write a note on āstika and nāstika darśanas

34. Explain the 16 padārthas of Nyāya.

35. Explain Satkâryavāda

36. Explain Evolution as per Sānkhya.

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: Methods of Teaching Yoga
Sem Period: August, 2025 to December, 2025
Date: 27.11.2025
Examination Mode: Supplementary

Semester: 3rd Semester
Subject Code: BSYTT 305
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
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Reg No:

Objective Types (Attempt All) – 1 Mark for each Question **10 *01 =10 Marks**

1. Shishya
2. Beginners
3. Special attention group
4. Yoga Teacher qualities
5. Life skills
6. Importance of Educational technology
7. Time table
8. Levels or Phases in teaching
9. Mumukshu
10. School children

Short Notes (Attempt any Ten) – 2 Marks for each Question **10 *02 =20 Marks**

11. How is yoga practice adapted for special attention groups?
12. What techniques are commonly employed in group teaching within the context of yoga sessions?
13. What is the essence and purpose of teaching?
14. How is the practice of yoga tailored for the specific needs and preferences of youth?
15. Lesson Planning
16. What is the role of a yoga teacher?
17. Class room problems
18. What tools are commonly used in the practice of teaching yoga?
19. What are the key qualities that define a perfect yoga guru?
20. Research in action
21. Sitting arrangement
22. Codes of ethics

Short Essay (Attempt any Six) – 5 Marks for each Question **06 *05 =30 Marks**

23. Source of teaching methods
24. How does the practice of yoga differ for women and special attention groups?
25. What is effective classroom management, and what common problems do teachers face in the classroom?
26. What are the sequential steps involved in the practical conduct of a yogic lesson?
27. What are some key hints or guidelines for effectively conducting a lesson on meditation?
28. What is the meaning and scope of teaching methods?
29. Explain the Essential features of yoga class
30. Educational technology

Long Essay: (Attempt any Four) – 10 Marks for each Question **04* 10 =40 Marks**

31. What are the concepts and relationship between teaching and learning?
32. What is the meaning of action research in the context of yoga, and what roles and steps are involved in conducting action research within the field of yoga?
33. What principles are considered in constructing a timetable for scheduling yoga activities or events?
34. What are the different learning methods, and what are the benefits of various teaching methods?
35. How can individuals effectively utilize library and other resources to enhance their knowledge and research capabilities?
36. What are life skills, and why are they important for personal and professional development?

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: Narada Bhakti Sutra
Sem Period: August, 2025 to December, 2025
Date: 29.11.2025
Examination Mode: Supplementary

Semester: 3rd Semester
Subject Code: BSYTT 301
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
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Reg No:

Objective Types (Attempt All) – 1 Mark for each Question **10 *01 =10 Marks**

1. Author of Bhakti Sutras_____
   - **a.** Narada
   - **b.** Patanjali
   - **c.** Vasishta
   - **d.** Shri Krishna

2. Prahlada is son of
   - **a.** Hiranyaksha
   - **b.** Hiranyakashyapu
   - **c.** Kamsa
   - **d.** Jarasanda

3. Types of Bhakti
   - **a.** 7
   - **b.** 8
   - **c.** 9
   - **d.** 10

4. _____ number of Sutras of Narada Bhakti
   - **a.** 96
   - **b.** 108
   - **c.** 84
   - **d.** 42

5. Bhagavata Purana was told by _____
   - a. Shuka Goswami
   - b. Vyasa Maharishi
   - c. Narada
   - d. Parashara

6. Bhagavata Purana was particularly addressed to _____ Maharaja
   - **a.** Parikshit
   - **b.** Bali
   - **c.** Vishwamita
   - **d.** Prahlada

7. What is the musical instrument held by Narada
   - **a.** Tanpura
   - **b.** Veena
   - **c.** Sitar
   - **d.** Guitar

8. _____ is Chiranjeevi
   - **a.** Vasishta
   - **b.** Hanuman
   - **c.** Dhruva
   - **d.** Ambareesha

9. The bhava of Hanumaan is _____
   - **a.** Sakhya
   - **b.** Daasya
   - **c.** Prema
   - **d.** Vaatsalya

10. Arjuna s Bhakti towards Krishna is _____
    - **a.** Daasya
    - **b.** Prema
    - **c.** Vaatsalya
    - **d.** Sakhya

Short Notes (Attempt any Ten) – 2 Marks for each Question **10 *02 =20 Marks**

11. Naradastu _____ _____ _____
12. Nirodastu _____ _____ _____
13. Anyatha _____ _____ _____
14. Saa na _____ _____
15. Nastyeva _____ _____ _____
16. Yatha _____ _____ _____
17. yagnaatva _____ _____
18. Na tatraapi _____ _____ _____
19. Tasmin ananyatha _____ _____ _____
20. Atmarati _____ _____ _____
21. Loke vedeshu _____ _____
22. Poojadishu _____ _____ _____

Short Essay (Attempt any Six) – 5 Marks for each Question **06 *05 =30 Marks**

23. Concept of Prema Svaroopa
24. Concept of Bhakti as per different Rishis
25. Explain Mangalaacharana Shloka of NBS
26. Concept of Vraja Bhakti
27. Concept of tanmaya Bhakti
28. Explain the concept of kashtarati Maayaam
29. Concept of Ekaanta Bhakti
30. Concept of trisatya in Bhakti

Long Essay: (Attempt any Four) – 10 Marks for each Question **04* 10 =40 Marks**

31. Discuss the role of Bhakti in Yoga Academics you're your innovative thoughts
32. Explain the significance of Bhakti in Yoga along with different Visions of Rishis
33. Explain the concept of Bhakti as per Bhagavatam and Bhaktirasamrita Sindhu in detail
34. Explain the importance of saakshamya and its merits in attaining Prema Bhakti
35. Discuss the numerological significance of number eighty and how it is helpful in elevation of Bhakti
36. Discuss the gist of Narada Bhakti Sutra in detail

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: Patanjali Yoga Sutra
Sem Period: August, 2025 to December, 2025
Date: 29.11.2025
Examination Mode: Supplementary

Semester: 3rd Semester
Subject Code: BSYTT 303
Batch: August 2022
Time: 09.45 am to 12.45 pm
Max. Marks: 100

General Instructions:

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Reg No:

Objective Types (Attempt All) – 1 Mark for each Question **10 *01 =10 Marks**

1. Which of the following is not a vritti?
   A. Anumana **B.** Vikalpa **C.** Agama **D.** Drasta

2. Which are the first five parts of Ashtanga Yoga?
   A. Yama, Niyama, Asana, Dharana, Dhyana **B.** Yama, Niyama, Pratyahara, Asana, Dharana
   C. Yama, Niyama, Asana, Pratyahara, Dharana **D.** Yama, Niyama, Asana, Pranayama, Pratyahara

3. How many levels of Asampragyata Samadhi are there?
   A. 2 **B.** 3 **C.** 4 **D.** 5

4. Which of the following is a Pramana vritti?
   A. Nidra **B.** Anumana **C.** Smriti **D.** All of the above

5. Tamo-guna is dominant in which stage of chitta?
   A. Mudhavastha **B.** Kshiptavastha **C.** Vikshiptavastha **D.** Nirudhavastha

6. The result of Satya Mahavratam, as described by Maharshi Patanjali is:
   A. Kriya-phala-ashraytvam **B.** Vaira-tyaga **C.** Sarva-ratna-upasthanam **D.** Veerya-laabha

7. Dharana, Dhyana, and Samadhi are means of bahiranga sadhana of _____Samadhi.
   A. Sabija **B.** Nirbija **C.** Bhakti yoga **D.** Nada yoga

8. In which pada the ways to eliminate the kleshas are described?
   A. Samadhi pada **B.** Sadhana pada **C.** Vibhuti pada **D.** Kaivalya pada

9. Raaga follows:
   A. Dukha **B.** Sukha **C.** Punya **D.** Apunya

10. Sattvaguna is dominant in which stage of chitta?
    A. Mudhavastha **B.** Kshiptavastha **C.** Vikshiptavastha **D.** Nidravastha

Short Notes (Attempt any Ten) – 2 Marks for each Question **10 *02 =20 Marks**

11. Names of 3 Paramanas and other four Chitta Vruttis
12. Names of five sources of siddhis
13. Brahmacharya
14. Swadhyaya
15. Vashikara samjna
16. Samskaras according to PYS
17. Mention the time period when, Tattva Vaiśāradī and Raaja Martanda, the two books are written
18. Tapas
19. Drishyam
20. Kevala Kumbhaka
21. Ahimsa
22. Avidya

Short Essay (Attempt any Six) – 5 Marks for each Question **06 *05 =30 Marks**

23. Abhyasa and Vairagya
24. Concept of "Ishwara"
25. What are Heyam, Heya-hetu, Hanam and Hanopaya
26. Explain the concept of Pranayama with sutras.
27. Karma, karma Vipaka and Karmashaya
28. Chitta Prashadanam
29. Bhuta Jaya and siddhis related to it.
30. Chitta Bhumis

Long Essay: (Attempt any Four) – 10 Marks for each Question **04* 10 =40 Marks**

31. Explain Chitta Parinamas in details
32. What is Kriya Yoga, explain in details
33. Explain various types of Samadhi as explained by Patanjali Maharshi.
34. Explain the 25 tatvas of Sankhya Philosophy with a flowchart of evolution.
35. What is Samyama in details? Mention ten siddhis and their objects of meditation.
36. Explain the different types of Kleshas and their cause and effects in details