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

Program: BSc (Yoga & Vedic Therapy)
Subject Name: Atmabodha
Sem Period: August, 2025 to December, 2025
Date: 26.11.2025
Examination Mode: Supplementary

Semester: 3rd Semester
Subject Code: BSYVTT E2 306
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. Satyam means….
   a. That which is present in All three periods of time
   b. Absent before present now
   c. Present now absent later
   d. None

2. The Cause of bondage is.
   a. Self-Ignorance
   b. Self-knowledge
   c. Desire
   d. None

3. Prasthana traya for vedanta are.
   a. Shruti (Upanishads) , Smriti (Bhagavad Geeta) , Nyaya Prasthana (Brahma sootra)
   b. Purana, Upanishad and Itihasa
   c. Sootra, Purana and Itihasa
   d. None

4. Mithya is…
   a. Independent reality
   b. Dependant on Satyam for existence
   c. Illusion
   d. None

5. In sloka पंचीकृतमहाभूतसंभवं कर्मसंचितम | शरीरं सुखदुःखानां भोगायतनमुच्यते ॥ / païcékåtamahäbhütasambhavaà karmasaïcitam | çaréraà sukhaduùkhänää bhogäyatanamucyate
Gross body is called …
   a. Physical location of enjoyment
   b. Instrument of enjoyment
   c. Resident of aatma
   d. None

6. In sloka पंचीकृतमहाभूतसंभवं कर्मसंचितम | शरीरं सुखदुःखानां भोगायतनमुच्यते ॥ / païcékåtamahäbhütasambhavaà karmasaïcitam | çaréraà sukhaduùkhänää bhogäyatanamucyate
Gross body is made up of …
   a. 5 Gross Elements
   b. 5 Subtle Elements
   c. 5 Causal Elements
   d. None

7. Brahma and _____ are one and the same.
   a. Atma
   b. Prakriti
   c. Maya
   d. None

8. The three status of anything with respect to its existence is Satyam, tuccham and
   a. Mithya
   b. Nithya
   c. Poorna
   d. None

9. In sloka पंचप्राणमनोबुद्धिदशेन्द्रियसमन्वितम्। अपंचीकृतभूतोत्थं सूक्ष्माङ्गं भोगसाधनम् ।। / païcapräëamanobuddhidaçendriyasamanvitam | apaïcékåtabhütotthaà sükñmäìgaà bhogasädhanam Subtle body is Made up of …
   a. 5 Gross Elements
   b. 5 Subtle Elements
   c. 5 Causal Elements
   d. None

10. Which example illustrates that aatma is the support for all the three bodies as given by sloka 20 आत्मचैतन्यमाश्रित्य देहेन्द्रियमनोधियः। स्वक्रियार्थेषु वर्तन्ते सूर्यालोकं यथा जनाः / ätmacaitanyamäçritya dehendriyamanodhiyaù | svakriyärtheñu vartante süryälokaà yathä janäù | 20||
   a. Like sun is the support for all the activities people do.
   b. Like moon in the night
   c. Like lamp in the night
   d. None

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

11. Who is the author of atmabodha?
12. Explain the word atma in the word atmabodha?
13. What are the two-fold power (shakti) that brings about misunderstanding of any given thing?
14. Which example is given to show knowledge in thought form goes away once the person becomes knowledgeable?
15. Which example is given to show the world is experienced as real till one gets knowledge?
16. Explain the word Upadhi?
17. Explain the sarvagatah with respect to aatma?
18. To explain aatma is just a witness without participating in activities of Gross and Sublte bodies which example is given?
19. What is the example given in sloka पंचकोशादियोगेन तत्तन्मय इव स्थितः। शुद्धात्मा नीलवस्त्रादियोगेन स्फटिको यथा॥ / païcakoçädiyogena tattanmaya iva sthitaù | çuddhätmä nélavasträdiyogena sphaöiko yathä
    Explain the example given. Just like crystal appears blue due to blue cloth etc, similarly as due to close association with 5 koshas etc. aatma appears to be the 5 koshas etc.?
20. Write the 17/19 components of the subtle body
21. Explain word bodha in aatmabodha.
22. Explain the meaning of the starting prayer 'Sadaashiva samarambha'.

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

23. Explain how the waking world is similar to the dream world?
24. Give with two examples of how right knowledge can be covered and wrong understanding can be projected.
25. Explain the causal body Upadhi as given by sloka अनाद्यविद्याऽनिर्वाच्या कारणोपाधिरुच्यते। उपाधित्रितयादन्यमात्मानमवधारयेत्॥ / 'anādhyavidhyānirvācyā kāraṇōpādhirucyatē | upādhitritayādAnyaṁ ātmānamavadhārayēt ||'
26. Give with two examples of how right knowledge can be covered and wrong understanding can be projected.
27. Explain the example in the sloka सच्चिदात्मन्यनुस्यूते नित्ये विष्णौ प्रकल्पिताः। व्यक्तयो विविधाः सर्वा हाटके कटकादिवत्॥ ९॥ / saccidätmanyanusyüte nitye viñëau prakalpitäù | vyaktayo vividhäù sarvä häöake kaöakädivat ||
28. In sloka उपादानेऽखिलाधारे जगन्ति परमेश्वरे। सर्गस्थितिलयान् यान्ति बुद्बुदानीव वारिणि || / upädäne'khiläadhäre jaganti parameçvare | sargasthitilayän yänti budbudänéva väriëi . Explain the ishwara as material cause of the world with the example given above.
29. Enumerate and explain the 4 purusharthas.
30. Explain prasthana trayam and the purpose of prakarana grantha.

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

31. Explain the sloka 'yathākāśō hṛṣīkēśō nānōpādhigatō vibhuḥ | tadbhēdādbhinnavadbhāti tannāśē kēvalō bhavēt ||

32. Explain the 4 fold qualifications required for self-knowledge and how they are listed in shloka 1?

33. Explain the sloka नानोपाधिवशादेव जातिवर्णाश्रमादयः । आत्मन्यारोपितास्तोये रसवर्णादि भेदवत् ॥ ११ / 'nānōpādhivaśādēva jātivarṇāśramādayaḥ | ātmanyārōpitāstōyē rasavarṇādi bhēdavat ||

34. With example explain what is the direct means (sadhana) for moksha and why?

35. Explain the sloka अमनस्त्वान्न मे दुःखरागद्वेषभयादयः । अप्राणो ह्यमनाः शुभ्र इत्यादि श्रुतिशासनात् ॥ ३३ / amanastvänna me duùkharägadveñabhayädayaù | apräëo hyamanäù çubhra ityädi çrutiçäsanät ||

36. Explain the sloka

विविक्तदेश आसीनो विरागो विजितेन्द्रियः ।
भावयेदेकमात्मानं तमनन्तमनन्यधीः ॥ ३८॥

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

Program: BSc (Yoga & Vedic Therapy)
Subject Name: Introduction to Ayurveda
Sem Period: August, 2025 to December, 2025
Date: 25.11.2025
Examination Mode: Supplementary

Semester: 3rd Semester
Subject Code: BSYVTT 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
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. One synonym of Ayu is.....(Nityaga, Diya, Deergha, Hitaayu)
2. One sampradaya in Ayurveda is.....(Agnivesha, Dhanvantari, Vasishta, Nagarjuna)
3. One disciple of Dhanvantari rishi is.....(Aupadhenava, Haritha, Bhela, Jatukarna)
4. One among Ashwini kumaras is.....(Dinakara, Aditya, Marichi, Dasru)
5. One among triphala is.....(Haritaki,.Tulsi, Chandan, Gomutra)
6. One among the rutu is.....(Ashwini, kruttika, Sharad, Simha).
7. One among the nakshatras is.....(Mesha, Mrugashira, Mithuna, Kataka)
8. One among the rashis is.....(Kanya, Aridra, Punarvasu, Shatabhisha)
9. One among Daiva Vyapashraya chikitsa is.....(Churna, Lehya, Mantra, Vamana)
10. One among the samvatsara is..... (Kartika, Krodhi, Karkataka, Dhanu)

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

11. Name bruhat trayee
12. Name two Agnis in the body
13. Another name for charaka samhita
14. Name any 2 disciples of atreya punarvasu
15. Doshas of mind
16. Name two chikitsa chatushpada
17. Ashwini kumaras names
18. Name two Ayanas
19. Name two synonyms of Ayuu
20. Gunas of mind
21. Name two sampradayas in Ayurveda
22. Who are famous for nidana & chikitsa in Ayurveda?

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

23. Ashtanga Ayurveda

24. Eligibility to study ayurveda

25. Concept of Agni & Aama

26. Natural ways to be disease free as per Vagbhata

27. Concept of health in ayurveda

28. 5 Agrya sangrahas

29. Shishya gunas

30. Jalapaana kaala in Ahara sevana vidhi

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

31. Explain diseases classification along with 4 limbs of treatment

32. Explain in detail Chronology & significance of Ayurveda with types of Ayu.

33. Explain dinacharya in detail & its need in yoga academics.

34. Define Ayurveda & synonyms of Ayu along with structure of samhitas

35. Explain concept of kaala as per sanatana dharma in detail

36. Explain tridoshas, its origin, distribution in body & general line of treatment in detail

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Program: BSc (Yoga & Vedic Therapy) **Semester:** 3rd Semester
Subject Name: Introduction to Vedic Logic: Tarka Sangraha **Subject Code:** BSYVTT 303
Sem Period: August, 2025 to December, 2025 **Batch:** August, 2023
Date: 24.11.2025 **Time:** 09.45 am to 12.45 pm
Examination Mode: Supplementary **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. Who is the author of Tarkasaṅgraha?
2. What are the three classifications of Kārya Pṛthvī
3. Write the names of Pramāṇam according to the Nyāya philosophy
4. Is Kārya Vāyu nitya or anitya? Why?
5. What are the two types of Anumānam?
6. How many Viśeṣas are there?
7. What is Utkṣepanam?
8. पर्वतो वह्निमान् धूमवत्त्वात् । - Give an example of Sapakṣa for this
9. Write the classifications of Buddhi.
10. How many Viṣayas does Tejas have? What are they?

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

11. Write the definition of Padārtha (पदार्थलक्षणम्).
12. What are the nitya dravyas?
13. Explain Paratva & Aparatva
14. Explain Kāla
15. Hearing a sound – Which pramāṇa is this? Why?
16. What type of relation (सम्बन्धः) is this? – Cloth and a table..
17. Give an example for Saṃyoga Samaveta Sannikarṣa Pratyakṣa
18. Write the definition of Gurutvam.
19. Write the definition of Dravatvam.
20. Explain Apramā with an example
21. Explain Smṛti
22. Write the definition of Vayu as in Tarkasaṅgraha.

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

23. Explain Pṛthivi, Ap, Tejas & Vāyu

24. Explain 5 karmas.

25. Explain Jñeyatva (ज्ञेयत्वम्), Abhidheyatvam (अभिधेयत्वम्) and Nāmadheyatvam (नामधेयत्वम्).

26. Explain Sneha, Śabda, Sukha, Duḥkha, Icchā & Dveṣa.

27. Write the Maṅgalaśloka of Tarkasaṅgraha and explain it

28. Explain all the Abhāvas

29. Explain Rūpa

30. Explain Sparśa.

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

31. Write an essay on Nyāya & Vaiśeṣika Darśanas.

32. Elaborate all the dravyas

33. Explain Pratyakṣa Pramāṇa and its six sannikarṣas

34. Explain Anumāna Pramāṇa in detail.

35. Write small notes on all 24 guṇas.

36. Explain Śabda Pramāṇa with its classifications

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Program: BSc (Yoga & Vedic Therapy) **Semester:** 3rd Semester
Subject: Patanjali Yoga Sutras – 1(Samadhi & Sadhana Pada) **Subject Code:** BSYVTT 302
Sem Period: August, 2025 to December, 2025 **Batch:** August, 2023
Date: 24.11.2025 **Time:** 09.45 am to 12.45 pm
Examination Mode: Supplementary **Max. Marks:** 100

General Instructions:

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

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

1. What are the five Cittabhumis?.
2. List the Eight Angas of Yoga
3. What is Heyahetu
4. What is Karma-vipaka?
5. What are the four levels of Samprajnyata Samadhi?
6. What are the components of Kriyayoga
7. What are the two techniques of practice of Asanas.
8. Who is Jivanmukta?
9. Name the two types of Vairagyas.
10. What is Hanopaya.

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

11. Define Viparyaya.
12. What are the four Saha-bhus/the afflicting experiences that accompany Anarayas
13. Define Dvesha
14. What is Vishayavati Pravritti?
15. Briefly describe Savitarka and Nirvitakra Samapattis
16. What is Rtambhara Prajna
17. What is Pratiprasava?
18. What are the four Bhavanas prescribed to attain Citta Prasadanm
19. What are the five ways in which Siddhis are attained?
20. What is the outcome of practice of Asanas?
21. Define Smriti
22. What are the 4 vyuhas of Yoga?

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

23. Discuss the Sutra – **मैत्रीकरुणामुदितोपेक्षाणां सुखदुःखपुण्यापुण्यविषयाणां भावनातश्चितप्रसादनम्**

24. Explain Abhyasa

25. Explain Viveka-khayati

26. Explain the Sutra - **श्रद्धावीर्यस्मृतिसमाधिप्रज्ञापूर्वक इतरेषाम्**

27. Explain the Sutra - **वीतरागविषयं वा चित्तम्**

28. Explain the 4 levels of Sabija Samadhi.

29. Explain the Sutra - **तस्य सप्तधा प्रान्तभूमिः प्रज्ञा**

30. Explain the five Kleshas

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

31. Explain the Yamas and Niyams with their benefits

32. Enumerate and explain the 9 Yogantarays and Sahabhus.

33. Discuss about Ishvara and explain the concept of Ishvarapranidhana.

34. Describe the process of the mind that is nearing the state of Kaivalya

35. Explain Para & Apara Vairagyas

36. Explain the first four sutras of Yogasutras and show how the entire philosophy of Yoga is contained in it