

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

Program: MSc (Yoga Therapy/Yoga & Vedic Therapy)
Subject Name: Anatomy and Physiology
Sem Period: February, 2022 – July, 2022
Date: 25.06.2022
Examination Mode: Back Paper

Semester: 1st Semester
Subject Code: MSYTT102/MSYVTT 102
Batch: September, 2021
Time: 09.30 am to 12.30 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 Notes (Attempt any Ten) – 2 Marks for each Question **10 *02 =20 Marks**

1. Golgi complex
2. Typical vertebrae
3. Composition of bile.
4. Artery and vein
5. Parts of external nose
6. Cardiac cycle
7. HPA Axis
8. Hormones secreted by Pancreas
9. Parts of Cerebrum
10. Name the 3 ear bones in the middle ear
11. Name the hormones secreted by Anterior Pituitary
12. Name the parts of a Nephron

Short Essay (Attempt any Eight) – 5 Marks for each Question **08 *5 =40 Marks**

13. Explain types of muscular tissue in detail.
14. Explain the structure of humerus bone with a neat labeled diagram.
15. Write in detail about the contents of the oral cavity.
16. Explain digestion and absorption of carbohydrates and protein.
17. Explain in detail about the composition of blood
18. Explain the structure of the Ear
19. Explain Urine formation
20. Explain the structure and functions of the parts of a Nephron
21. Explain the functions of the parts of the Cerebrum
22. Explain the functions of the Thyroid gland

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

23. Write in detail about the structure of pharynx, larynx and trachea along with neat labeled diagram.
24. Explain accessory organs in digestive system.
25. Explain structure of cell in detail.
26. Explain the structure and function of the Brain
27. Explain the Endocrine glands in the body and it's secretions
28. Explain the structure of the Eye



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

Program: MSc (Yoga & Consciousness)
Subject Name: Atma Bodha
Sem Period: February, 2022 – July, 2022
Date: 25.06.2022
Examination Mode: Back Paper

Semester: 1st Semester
Subject Code: MSYCT-105
Batch: September, 2020
Time: 09.30 am to 12.30 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 Notes (Attempt All) – 2 Marks for each Question

10 *02 =20 Marks

1. What is Panchikarana?
2. What does Sukshma sharira consist of?
3. What should a seeker separate Atma from all 5 layers?
4. What is the analogy of Atma being alike a king?
5. How do all the limbs of the body get into action to offer service to Atma?
6. What is the role of Buddhi in Atma Sakshatkara (self-realisation)?
7. How does Vedanta look at the analogy of serpent on the rope in superimposition of Atma?
8. What is the relation between Jivatma and Paramatma in Vedanta?
9. Why Jnana holds a superior place compared to Karma?
10. How Raga(desire) and Dvesha(hate) should be driver away through Vedanta Sadhana?

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

08 *5 =40 Marks

11. Enlist the examples given in the Shlokas of Atma Bodha compared to Upanishadic examples.
12. Elaborate Avastha Chatushtaya (Jaagrata, Svapna) explained in Atma Bodha.
13. What is the reason behind authoring Atma Bodha when many such Prakarana Granthas are already available?
14. When will a seeker becomes eligible to attain Moksha according to Atma Bodha?
15. Elaborate the narration of Avidya as described in Atma Bodha?
16. What are three Shariras (three bodies) of Jivatma and how Vedanta helps understand it better?
17. How important is the Jnana (wisdom) of Atma explained in Atma Bodha?
18. What is the opinion of Atma Bodha about 4 Ashramas (Brahmacharya..etc.) and Jaatis (castes)?
19. What are the features of Shuddha(true) Atma?
20. How important is to go through the process of Panchakosha experiences?

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

Program: MSc (Yoga Therapy/Yoga & Vedic Therapy)
Subject Name: Research Methodology

Semester: 1st Semester
Subject Code: MSYTT 101/MSYVTT 101
/MSTIC-102

Sem Period: Feb, 2022 – July, 2022

Batch: Sep, 2021/Sep, 2020

Date: 24.06.2022

Time: 09.30 am to 12.30 pm

Examination Mode: Back Paper

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

10 *02 =20 Marks

1. Mention a few online databases for literature survey.
2. Write the purposes of literature survey.
3. What is publication ethics?
4. What are levels of measurement?
5. Distinguish between random sampling and randomization.
6. What is convenience sampling?
7. What is Test-Retest Reliability?
8. What is Crossover design?
9. What is Cronbach's alpha?
10. If power of a study is 75%, then what will be the Type-II error?
11. What is 95% Confidence Interval?
12. What are null hypothesis and alternate hypothesis?

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

08 *5 =40 Marks

13. Write a short note on Research Ethics.
14. Give an example each for descriptive, correlational, and causal research questions.
15. What are the types of sampling techniques?
16. Explain Reliability with examples.
17. Distinguish categorical and continuous variables.
18. A researcher wants to find out the effect of various durations of practice of Brahmari Pranayama (BhPr) on working memory and compare it with Breath Awareness (BA). Suggest the best design for this using suitable diagram.
19. Explain Repeated measures design with examples.
20. What is a priori power analysis and what is its significance?
21. Explain assumptions of statistical tests.
22. Explain how Type-I and Type-II errors can be controlled.

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

4* 10 =40 Marks

23. Describe in detail the process of literature survey.
24. Describe in detail with suitable examples the various data collection methods.
25. Explain various methods of controlling bias and thereby improving validity of the research.
26. Explain using diagram types of errors and right decisions in null hypothesis significance testing.
27. Explain in detail parametric and non-parametric statistical tests.
28. Explain Central Limit Theorem. If standard deviation is 37 and sample size is 100, what will be the standard error. How will the standard error be influenced on increasing the sample size?



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

Program: MSc (Yoga Therapy/ Yoga & Vedic Therapy)
Subject Name: Sanskrita Bhasha Vijnanam
Sem Period: February, 2022 – July, 2022
Date: 27.06.2022
Examination Mode: Back Paper

Semester: 1st Semester
Subject Code: MSYTT 103/MSYVTT 103
Batch: September, 2021
Time: 09.30 am to 12.30 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 Notes (Attempt any Ten) – 2 Marks for each Question

10 *02 =20 Marks

1. What is the ह्रस्व स्वर And दिर्घ स्वर
2. Choose any verb and frame the verb formation.
3. Give the two examples of each gender.
4. Enlist 10 verbs.
5. Write the shloka realated with 10 upanishads
6. राजपत्नी गुरोः पत्नी.....Complete the subhashita
7. Give a short introduction about yourself.
8. Translate this sentence - मम नाम रामः ।
9. What are Anuswaara and visarga.
10. Write the plural forms for these words – वृक्षः । कूपी । फलम्
11. Backside of the temple – translate into samskritam
12. Write two lines about yoga in samskritam.

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

08 *5 =40 Marks

13. Write the time for the following in samskritam – 7:00, 7:05, 7:10, 7:15, 7:20, 7:25, 7:30, 7:35, 7:40, 7:45, 7:50, 7:55
14. Write down the numbers from 1-20
15. Write down the names of any 20 material things.
16. Write the combination of vowels and consonants for म । प । व । क । च
17. What are kanthya, talavya, moordhanya, dantya and oshtya.
18. What are अयोगवाः explain in detail.

19. Use the following and make sentences in sanskrit – सीता । जलं । उद्यानम् ।

पुस्तकं । मंदिरं

20. What are अल्पप्राण व्यंजनानि । महाप्राण व्यंजनानि

21. रामो राजमणिः सदा.....complete the shloka and write the meaning of it.

22. शुक्लां बम्ह विचार सार..... complete the shloka and write the meaning of it.

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

23. Write any three subhashitas with word to word meaning and the gist in your own words.

24. Write 10 lines about Samskritam in Samskritam in your own words.

25. Frame the 9 verb formations for the following: गच्छति । खादति । पिबति । हसति ।

वदति

26. Write the story of Panini. Write the maheshwara sutras and explain the relationship between अच् हल् and maheshwara sutras.

27. Write 10 lines about yoga in Samskritam.

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

Program: MSc (Yoga & Consciousness)
Subject Name: Tarka Sangraha
Sem Period: February, 2022 – July, 2022
Date: 24.06.2022
Examination Mode: Back Paper

Semester: 1st Semester
Subject Code: MSYCT- 104
Batch: September, 2020
Time: 09.30 am to 12.30 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 Notes (Attempt All) – 2 Marks for each Question

10 * 02 = 20 Marks

1. Define Samavaya.
2. Characterise Akasha (space).
3. What is the unique feature of Rupa (colour)?
4. Which are the three ways each Dravya manifests?
5. Define Hetvabhasa.
6. What is Pramana Shastra and Prameya Shastra?
7. How many Padarthas are there in Nyaya Darshana?
8. What is the relation between Nyaya and Vaishieshika Darshanas?
9. Who is the author of Tarka Sangraha?
10. Define Samanya (commonality) and Vishesh (uniqueness).

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

08 * 5 = 40 Marks

11. Explain 4 Pramanas of Tarka Sangraha
12. What is valid knowledge? Explain.
13. How Anumana for self and others differ?
14. Explain five steps of inferential logics are built according to Tarka.
15. Explain four types of Abhavas (non-existences).
16. How Samavaya Sambandha is different Samyoga Sambandha?
17. Explain two types of Atma and their qualities.
18. What is Pratyakshya? What is the role of Indriyas in Pratyaksha?
19. Explain three types of Karanas (causes).
20. Write the meaning of Shloka – निधाय हृदिविश्वेशं विधाय गुरुवन्दनम्। बालानां सुखबोधाय क्रियते तर्कसंग्रहः ॥

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

21. What is the relevance of study of Tarakasangraha in the time when modern science has advanced to the level of transforming matter into energy?
22. How the study of Tarka Sangraha sharpens the logical thinking to take the right step in life?
23. Explain 7 Padarthas in detail with their elaboration.
24. Nyaya and Vaishishika Shastra have equal contrition in Tarka Sangraha – validate with examples.
25. Explain the importance of 24 Gunas? Explain any 5 Gunas in brief.



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

Program: MSc (Yoga Therapy)
Subject: Yoga Philosophy
Sem Period: February, 2022 – July, 2022
Date: 28.06.2022
Examination Mode: Back Paper

Semester: 1st Semester
Subject Code: MSYTT 104
Batch: September, 2021
Time: 09.30 am to 12.30 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 Notes (Attempt any Ten) – 2 Marks for each Question 10 *2 =20 Marks

1. Write the meaning of the word Veda.
2. List the different parts into which all Vedas are divided into.
3. Write history of Vedas.
4. What is Karma Kaanda and Jnana Kaanda of Veda?
5. Describe Vijnanamaya Kosa.
6. What happened to disciple when he found Ananda to be the basic Fabric of the universe?
7. In which Upanishad Mrutyurahasya is taught?
8. Prana vidya is described in which Upanishad?
9. Define the meaning of the word dharma.
10. List any two Yajurveda Upanishads.
11. What are Shriti and Smriti? Name any one Shruti and one smriti.

Short Essay: (Attempt any Eight) – 5 Marks for each Question 08 *5 = 40 Marks

12. What is the benefit of chanting Vedas?
13. Write short notes on Vedas.
14. Write short notes on Upanishad prakriyas. (Write 10 Principle Upanishads)
15. Write short notes on Quantisation of Ananda.
16. Write at least 2 examples of situations of Dharma sandigdha.
17. Define Vaishya.
18. Write short notes on Sattva.
19. Write short note on Brahma Yajna.
20. Describe law of Karma with examples.

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

21. Write an essay on Jnana Kanda of Vedas.
22. Write an essay on Happiness Analysis and Quantising Ananda.
23. Write the Upanishad MahaVakyas. Explain on the essence of the Principal Upanishads.
24. What is bhakti? What is Para bhakti? What are the benefits of bhakti? Elaborate in view of Narada Bhakti Sutras.
25. Who is a Gunaateeta? Explain, what is the need to go beyond gunas when Sattva is the best?

