

**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:** Hatha Yoga Pradipika  
**Sem Period:** February, 2022 – July, 2022  
**Date:** 28.06.2022  
**Examination Mode:** Back Paper

**Semester:** 4<sup>th</sup> Semester  
**Subject Code:** MSTDE- 403  
**Batch:** August, 2018  
**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:

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

1. Name the ashtakumbhakas
2. Benefits of bhastrika
3. State two limitations and benefits of ujjayi pranayama
4. State two limitations and benefits of seetali pranayama
5. State two limitations and benefits of neti
6. Mention the 5 main pranas in the body with their locations.
7. Interconnection of mind and prana
8. Time and duration of practice for pranayama
9. Benefits of moorcha pranayama
10. Define antar, bhahya and kevala kumbhaka
11. What is shambhavi mudra?
12. Therapeutic benefits of moola bandha?

**Short Essay: (Attempt any Eight) – 5 Marks for each Question 8\* 5 = 40 Marks**

13. Misconceptions of Hatha Yoga and lineage of Hatha Yoga.
14. Explain about ashta siddhis.
15. Siddhasana purifies nadis. Explain
16. Explain pancha Prana and Apana in brief
17. Why shall one practice shat karmas before pranayama?
18. Explain the signs of perfected pranayama practice
19. How doshas are eradicated through shatkarmas
20. Curative effects of basti
21. How does nadanusandana lead to laya? Explain all steps.
22. Explain the spiritual importance of brahmari pranayama



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**Program:** MSc (Yoga Therapy)  
**Subject Name:** Integrative Medicine  
**Sem Period:** February, 2022 – July, 2022  
**Date:** 27.06.2022  
**Examination Mode:** Back Paper

**Semester:** 4<sup>th</sup> Semester  
**Subject Code:** MSTIE- 402  
**Batch:** August, 2018  
**Time:** 09.30 am to 12.30 pm  
**Max. Marks:** 100

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

**10 \*02 =20 Marks**

1. Write naturopathy treatment for knee pain
2. Properties of red and blue color
3. Write about magnet which is used in Magneto therapy
4. Massage contraindication
5. Hydrotherapy mainly work on what system of body and why?
6. Massage Lubricants
7. Mention the malas
8. Definition of health and disease
9. Mention Malas
10. Types of Swedana
11. What is Ritusandhi
12. Mention the doshas and why the name dosha

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

**08 \*5 =40 Marks**

13. Indications of chromo therapy.
14. Write about magnetized water ,process and indications
15. Write about procedure and benefits of Enema.
16. Raw diet and its benefits.
17. Advantage and disadvantages of Naturopathy
18. Importance of Dinacharya
19. Explain Uttarayana and Dakshinayana
20. Mention Ritus with the months
21. Write the main procedure (Pradhana karma) of Vamana
22. Explain the history of Ayurveda

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

23. Explain details about mud therapy
24. Write details about manipulative therapy
25. Explain philosophy of Naturopathy and its concept
26. Explain Sharira(Dosha, dhatus, malas)'
27. Write the procedure of Vamana in detail



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**Program:** MSc (Yoga Therapy)  
**Subject Name:** Patanjali Yoga Sutras  
**Sem Period:** February, 2022 – July, 2022  
**Date:** 25.06.2022  
**Examination Mode:** Back Paper

**Semester:** 4<sup>th</sup> Semester  
**Subject Code:** MSTIC- 401  
**Batch:** August, 2018  
**Time:** 09.30 am to 12.30 pm  
**Max. Marks:** 100

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

1. Four stages of Kumbhaka
2. Define Tapas(Penance)
3. Three stages of Intensity of Practice.
4. Define the aphorism – Vāttisārupyam Itaratra.
5. What is the concept of Seer, seen and the process of seeing?
6. What is Samadhi?
7. Define Nirvitarka Samadhi.
8. What is the state of Adhyatma- Prasada?
9. What is Ektattva Abhyasa?
10. Define Abhyasa.
11. Define Vairagya.
12. Hanopaya for Vivekakhyaati

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

13. Different definitions of Yoga
14. States of Chitta Bhumis
15. Abhyasa Vs Vairagya
16. What is meant by Vikshepa Sahbhuvah? Which of those are discussed in PYS?
17. Four types of Karmas according to Patanjali.
18. Five sources of Siddhis
19. Results of Yama and Niyama
20. Three aphorisms of Asana
21. Nature of Dharma and Dharmi
22. Any ten Vibhutip in the light of third chapter

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

23. Explain the different phases of Samadhi with schematic diagram.
24. Concept of Ishwara - Guru – Pranava – Japa as means to Meditation
25. Three components of Kriyayoga and Five Kleshas
26. Seven layers of Understanding - Tasya Saptadhā Prantabhūmiū Prajiā
27. What is Chitta- prasadanam? How is it obtained? Explain with references.
28. Which are the five vrittis according to Patanjali Yoga Sutra? Explain in details with reference.

