

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: Applied Yoga
Sem Period: August, 2024 – December, 2024
Date: 07.12.2024
Examination Mode: Regular

Semester: 5th Semester
Subject Code: BSYTT 504
Batch: August, 2022
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. Yoga also helps in reducing sports related injuries by boosting and suppleness of the body as a whole.
2. Body composition is one of the major components of fitness
3. As the body ages, the muscles, tendons, and ligaments stiffen, lose elasticity and become less
4. Muscular Strength is the ability of muscles to push or pull with total
5. Dukha is uncontrolled speed & constriction at
6. Pain is uncontrolled speed at Kosa
7. The stress accumulated at the body level as stiffness of joints and spasms of muscles can be released by the practice of
8. burns the strong attachments, obsessions, likes and dislikes which are the basic reasons for the agitations of mind.
9. भावनार्थः क्लेशतनूकरणार्थश्च ॥२.२॥
10. तां स्थिराम् इन्द्रियधारणां इति मन्यते। (2/6/11)

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

11. Define Health according to WHO.
12. What are the two main categories of physical fitness?
13. Explain flexibility and its significance.
14. What is muscular strength, and how is it measured?
15. Write any two quotations of Swami Vivekananda on Strength.
16. List 2 points in role of Principal in school health
17. Write few practices for improving Respiratory system during old age.
18. Why most of the psychosomatic disease start in Manomaya kosha?
19. Define School.
20. What is stress according to yoga?
21. Write a short note on bahiranga yoga?
22. Define Gerontology

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

06 *05 =30 Marks

23. What are the stages of Life mentioned in ancient Indian scripture?
24. Write a short essay on Karma Yoga.
25. What is the main difference between SMET Posture and Normal asanas
26. Explain how yoga helps in old age?
27. What are the main components of physical fitness? Explain.
28. Brief the Cognitive, Socio-Psychological, Socio-Economic changes in old age.
29. Explain the concept of stress according to sage Patanjali.
30. Write a short note on Health Hazards in computer professionals

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

04* 10 =40 Marks

31. Explain in detail about the role of yoga in development of physical fitness
32. Define sports and make a detailed Yoga Module for Archery.
33. Explain about the Physiological Changes on different Systems of Body associated with Aging.
34. Explain in detail about holistic concept of human body and practices of each sheath.
35. What is cycle meditation.? Write in detail about steps and instruction of cycle meditation.
36. Make a one-week detail Yoga Module of yoga for memory development for School Children



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Program: BSc (Yoga Therapy)
Subject Name: Introduction to AYUSH
Sem Period: August, 2024 to December, 2024
Date: 09.12.2024
Examination Mode: Regular

Semester: 5th Semester
Subject Code: BSYTT 501
Batch: August, 2022
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. What is the goal of Yoga Therapy?
 - a. Building muscle mass
 - b. Promoting spiritual growth / Liberation
 - c. Managing and improving health conditions
 - d. Enhancing athletic performance
2. Which Yoga practice is most effective in managing Adhija Vyadhi?
 - a. Competitive sports
 - b. Mindfulness and meditation
 - c. Intensive strength training
 - d. High-protein diet
3. Which famous Indian leader strongly promoted Naturopathy in India?
 - a. Mahatma Gandhi
 - b. Jawaharlal Nehru
 - c. Swami Vivekananda
 - d. Subhash Chandra Bose
4. Which of the following therapies is a core aspect of Naturopathy?
 - a. Surgery
 - b. Hydrotherapy
 - c. Chemotherapy
 - d. Radiotherapy.
5. Which Dhatu is responsible for nourishing the body tissues?
 - a. Rasa
 - b. Rakta
 - c. Mamsa
 - d. Asthi
6. What does Prakṛti refer to in Ayurveda?
 - a. Disease state
 - b. Body constitution
 - c. Seasonal changes
 - d. Mental state
7. The humoral theory in Unani medicine is based on:
 - a. Four humors
 - b. Five elements
 - c. Six tastes
 - d. Three doshas
8. What is the principle of 'Minimum Dose' in Homeopathy?
 - a. Using the largest possible dose
 - b. Using the smallest dose to stimulate healing
 - c. Administering multiple remedies at once
 - d. Focusing on suppressing symptoms

9. How many basic elements unani medicine accepts?
- 2
 - 4
 - 5
 - 3

10. What is the basic principle of Homeopathy?
- Like cures like
 - Opposites cure opposites
 - Allopathic intervention
 - Dosha balancing

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

10 *02 =20 Marks

- Name any two classical texts related to yoga therapy.
- What therapeutic practices are associated with Annamaya Kośa?
- What is the role of Vijñānamaya Kośa in achieving mental clarity and health?
- Name any two principles of Naturopathy?
- What is the significance of water in the five-element theory of Naturopathy?
- Explain “Enervation is the cause of the disease” in Naturopathy.?
- What is the concept of Agni in Ayurveda?
- What are the functions of Asthi and Majja Dhatu in the human body?
- What are the four qualities or states of human body according to Unani.
- Who has proposed the concept of humor?
- What is the principle of “Like cures like” in Homeopathy?
- What is the concept of 'Minimum Dose' in Homeopathy?

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

06 *05 =30 Marks

- Explain the concept of disease according to yoga vasistha
- Compare and contrast the principles of yoga therapy described in Haṭha Ratnāvali and Gheraṇḍa Saṁhitā
- Write a brief history of Naturopathy?
- Discuss the challenges and opportunities for promoting Naturopathy as a primary healthcare system
- Explain qualities, function, location of pitta dosha
- Evaluate the importance of Svasthavṛtta in maintaining long-term health
- What is Hippocratic Theory according to Unani .
- Explain criticism of homeopathy and discuss its reason

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

04* 10 =40 Marks

- Explain the yogic concept of health and disease and its relevance to maintaining a balanced lifestyle.
- How does Haṭha Yoga emphasize health and wellness through cleansing and balancing practices?
- Evaluate the role of Naturopathy in the management and prevention of lifestyle disorders in urban populations.
- Explain sadvritta and its correlation in Yoga
- Explain 4 humors, 4 Elements and 4 characteristics of human body from Unani medicine and write its correlation with each other
- Discuss the fundamental principles of Homeopathy and their interrelation.

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
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Program: BSc (Yoga Therapy)
Subject Name: Narada Bhakti Sutra
Sem Period: August, 2024 to December, 2024
Date: 16.12.2024
Examination Mode: Regular

Semester: 5th Semester
Subject Code: BSYTT 503
Batch: August, 2022
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. Types of Bhakti
 - a. 7
 - b. 8
 - c. 9
 - d. 10
3. _____ number of Sutras of Narada Bhakti
 - a. 96
 - b. 108
 - c. 84
 - d. 42
4. Bhagavata Purana was told by _____
 - a. Shuka Goswami
 - b. Vyasa Maharishi
 - c. Narada
 - d. Parashara
5. Bhagavata Purana was particularly addressed to _____ Maharaja
 - a. Parikshit
 - b. Bali
 - c. Vishwamita
 - d. Prahlada
6. What is the musical instrument held by Narada
 - a. Tanpura
 - b. Veena
 - c. Sitar
 - d. Guitar
7. Prahlada is son of
 - a. Hiranyaksha
 - b. Hiranyakashyapu
 - c. Kamsa
 - d. Jarasanda
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. Nirodastu _____
12. Anyatha _____
13. Tasmin ananyatha _____
14. Nastyeva _____
15. Yatha _____
16. Poojadishu _____
17. Na tatraapi _____
18. Naradastu _____
19. Atmarati _____
20. Loke vedeshu _____
21. Saa na _____
22. yagnaatva _____

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

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

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

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

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Program: BSc (Yoga Therapy)
Subject Name: Research Methods -I
Sem Period: August, 2024 to December, 2024
Date: 13.12.2024
Examination Mode: Regular

Semester: 5th Semester
Subject Code: BSYTT 502
Batch: August, 2022
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. Hypothesis is defined as:
 - a. A conclusion drawn from results
 - b. A tentative assumption
 - c. The final step in research
 - d. A statistical test
2. The term 'sampling' refers to:
 - a. Analysis of data
 - b. Selection of a subset from a population
 - c. Formulation of a hypothesis
 - d. Statistical testing
3. Which of the following is an example of a primary data source?
 - a. Published books
 - b. Surveys
 - c. Literature reviews
 - d. Encyclopedias
4. Validity in research means:
 - a. The research measures what it intends to measure
 - b. Consistent results over time
 - c. Flexibility of methods
 - d. The usability of tools.
5. In qualitative research, data is often collected through:
 - a. Experiments
 - b. Structured questionnaires
 - c. Interviews and focus groups
 - d. Large-scale surveys
6. Descriptive research aims to:
 - a. Test hypotheses
 - b. Explore relationships
 - c. Describe characteristics of a population
 - d. Prove theories
7. All individuals defined by the research problem is called
 - a. Sample
 - b. Data
 - c. Population
 - d. None of the above
8. A set of procedures by which a research study is conducted is called as
 - a. Assessment
 - b. Intervention
 - c. Design
 - d. Sampling
9. When is the median the best measure of central tendency to use?
 - a. When the data has outliers or is skewed
 - b. When the data is symmetrical
 - c. When all values are evenly distributed
 - d. When the dataset is small

10. A normal distribution is represented by which of the following shapes?
- Skewed curve
 - Bell-shaped curve
 - Uniform distribution
 - J-shaped curve

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

10 *02 =20 Marks

- Name two primary objectives of Literary Review.
- Placebo effect
- Ratio scale
- Categorical and continuous variables
- Stratified sampling
- Purposive sampling
- Pearson correlation tests
- Paired sample 't' test
- Confounding variables.
- Blinding in research
- P-value
- Convenience sampling

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

06 *05 =30 Marks

- Differentiate between Population and Sample
- Define the concept of a bell curve in statistics
- Differentiate between Pie chart and Histogram
- Marks of 20 students in a school are given below. Calculate the mean, median and mode with formulas

Marks	Frequency
5.....	4
4.....	2
3.....	3
6.....	3
7.....	8

- Differentiate between Qualitative vs Quantitative data
- Differentiate between Prospective vs Retrospective Research design
- Search engines in Literature Review
- Differentiate between null and alternative hypotheses

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

04* 10 =40 Marks

- Draw a flow-chart of a research process and describe each steps briefly.
- Explain the role of ethical considerations in the research process. Provide examples of ethical challenges and how they can be addressed.
- What are sampling methods? Differentiate between probability and non-probability sampling techniques and their applications in research.
- Arrange the following data into a frequency table and calculate the mean, median, mode and standard deviation
 {2,2,2,2,2,2,4,4,4,4,4,4,4,3,3,3,3,3,3,3,3,3,3,5,5,5,5,5,5,5,5,5,5,5,6,6,6,6,6,6,6,6,7,7,7,7,7,7,7,9,9,9,9,1,10,10,10}

35. Draw a Histogram and calculate the median and standard deviation of the following data.

Class	Frequency
10-20	4
20-30	3
30-40	2
40-50	6
50-60	3
60-70	2

36. What is a literature review? Explain its importance and the steps involve in it.

