

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: Patanjali Yoga Sutras
Sem Period: March, 2024 – July, 2024
Date: 24.07.2024
Examination Mode: Back Paper

Semester: 3rd Semester
Subject Code: BSYTT 303
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. 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. Swadhya
15. Karmas Phalas according to PYS
16. Samskaras according to PYS
17. Mention the time period when, Tattva Vaiśarādī and Raaja Martanda, the two books written
18. Tapas
19. Drishya
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. Kleshas
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.

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Program: BSc (Yoga Therapy)

Semester: 3rd Semester

Subject Name: Yoga Therapy for Common Ailments Level 1(Part 1)

Subject Code: BSYTT 301

Sem Period: March, 2024 – July, 2024

Batch: August, 2022

Date: 22.07.2024

Time: 09.45 am to 12.45 pm

Examination Mode: Back Paper

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 residual volume and Respiration rate?
2. Name the strengthening exercises in atherosclerosis.
3. What is an enzyme?
4. Name the chest bone and the gland behind it
5. Name the endocrine glands
6. What is the main function of digestive system?
7. Name the total number of bones in human body
8. Name the two types of circulation blood
9. What is the function of skeletal muscles?
10. What is alveoli?

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

10 *02 =20 Marks

11. Define Stress and what is auto immune disorder?
12. Write the function of skeletal system and its importance
13. What is congestive cardiac failure and write the clinical features.
14. What is carpal tunnel syndrome?
15. What is Angina?
16. What is parasympathetic system?
17. What is Systemic circulation?
18. Give me the definition of health and vyadhi
19. What is Bronchitis?
20. What is a ligament and what is the first line of treatment?
21. What is autonomic nervous system
22. Name four functions of blood

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

06 *05 =30 Marks

23. What is Sara and Samanya vyadhi? What are the its remedial measures
24. Write the importance of Pranayama in curbing hypertension.
25. What is Nervous system? Explain the division of each.
26. What is allergic rhinitis and sinusitis? What is the conventional and yoga management for it?
27. What is Atherosclerosis and mention the clinical features?
28. Difference between Hyperthyroidism and Hypothyroidism.
29. What is Ulcerative colitis and explain the practices recommended to begin with in this condition
30. What are the causative factors for CAD (coronary artery disease)?

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

04* 10 =40 Marks

31. What is Tuberculosis? Explain Etio pathogenesis, classification and clinical features
32. Write the salient features of sympathetic and parasympathetic nervous system
33. What is Endocrine system? Write the entire yoga module for one of the system
34. Explain Ischemic heart disease and all the beneficial yoga practices helpful in this condition and limitations of it.
35. What is APD? In detail explain how notional correction and counselling helps? Write the clinical features and Yoga management.
36. What is 'notional correction'? Explain in detail the importance of it in stress induced diabetes, hypertension and CAD with medical and yogic management.