

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: Hatha Yoga Pradipika – 1
Sem Period: August, 2024 to December, 2024
Date: 09.12.2024
Examination Mode: Regular

Semester: 5th Semester
Subject Code: BSYVTT 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
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 disciple of Matsyendranath?
2. Ida nadi governs-----side of the body
3. -----number of asanasa were taught by shiva
4. Mahapranas are----- in number
5. Surya bhedha is inhalation through-----nostril
6. Ujjayi means-----
7. Mitahara is-----
8. Kumbhakas are-----in number
9. Siddhis are----- in number
10. Define Pranayama?

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

10 *02 =20 Marks

11. Enlist any four qualities of Hatha Matha..
12. Who is Brahmachari?
13. What are the different names of Dhanurasana
14. What is sagarbha and nigarbha.
15. Enlist trodoshas
16. What are the signs of perfection in hatha yoga?
17. What is Prana and enlist its types...
18. Mention the interactions to be avoided during initial days of Hatha yoga practice
19. What are the diseases that occurs due to disturbance of the vital air?
20. Enlist any four Niyama with its meaning.
21. Name any two meditative postures
22. Enlist the chakras mentioned in HYP

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

06 *05 =30 Marks

23. Which are the three Tapas and explain them
24. Explain the six factors which bring Success in Hatha Yoga.
25. Explain varnasharama.
26. Explain Nauli and Trataka with their curative effects.
27. Explain the qualities Hatha Matha details.
28. Paschimottanasana is the best among all the asanas- Justify the statement
29. What are ashta siddhis explain them.
30. What is life and death and What are the signs of perfection in Hatha Yoga?

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

04* 10 =40 Marks

31. Explain the steps to perform Siddhasana and variation. Also mention its significance and benefits as mentioned HYP.
32. Provide a detailed explanation of the steps to perform Bhastrika Pranayama, along with its curative effects.
33. Write the broad division of Shat kriyas mentioned in HYP. Explain any two techniques in detail.
34. Explain the steps to perform Matsendraasana, Mayuuraasana, with their benefits as mentioned in HYP.
35. Explain the steps to perform Padmasana and its variation. Also mention its significance and benefits as mentioned HYP.
36. Provide a detailed explanation of the steps to perform Nadishodhana, along with its curative effects.

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Program: BSc (Yoga & Vedic 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: BSYVTT 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
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. Author of Bhakti Sutras _____
 - a. Narada
 - b. Patanjali
 - c. Vasishtha
 - 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. Vasishtha
 - 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 saakshamy 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 & Vedic Therapy)
Subject Name: The Yoga of Bhagavad Gita - 1
Sem Period: August, 2024 to December, 2024
Date: 13.12.2024
Examination Mode: Regular

Semester: 5th Semester
Subject Code: BSYVTT 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. What is Shamah?
2. What is the Guna sequence in Guna Brahmana?
3. What is Uparati?
4. What is the name of Chapter 4?
5. Quote the shloka 'Paritranaya Sadhunaam'.
6. What is Bahiranga sadhana?
7. What is the name of Chapter 5?
8. What is the sadhana to transform Guna Vaishya to Guna Kshatriya?
9. What is Shraddha?
10. What is the name of chapter 3?

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

10 *02 =20 Marks

11. What is Deva Yajna?..
12. What are the three symptoms of Samsara?
13. Is there any gradation based on Varna?
14. What is the purpose of Ishwara's Avatara?
15. What is the obstacle in Meditation and how to overcome it?
16. Quote the shloka- "Yuktaharaviharasya"
17. What is the ideal time for meditation?
18. Explain Dhyana swarupam.
19. Explain Vividisha and Vidvat sanyasa.
20. Explain Value Meditation
21. Please name the four-fold qualifications required for Self-Knowledge.
22. What is the obstacle in performing karma yoga?

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

06 *05 =30 Marks

23. Quote and explain the shloka “Karmanyevadhikaraste”
24. What happens to the Para prakruti when creation is manifested?
25. What are the five factors to be taken care of to become a karma yogi as per shloka 3.30.
26. What are the two lifestyles Bhagavan mentioned in Chapter 3?
27. What are the two types of Meditation in Vedanta?
28. What are the difficulties in Grihastha Ashrama?
29. “Atma Satyam” Explain with example.
30. Quote and explain the shloka “Brahmarpanam”

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

04* 10 =40 Marks

31. Who is a sthitha prajna? Explain the features of sthitha prajna.
32. Explain the 7 features of Atma.
33. Mention two lifestyles along with the three possibilities and their pros and cons
34. What are the similarities and differences between Jiva's Janma and Ishwara's Avatara?
35. What are the Purusharthas? What are the limitations of the first three Purusharthas?
36. Who is a ‘Yogabhrasta’? What happens to him after death?

