

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

Program: BSc (YT)
Subject: Applied Yoga
Sem Period: August, 2024 to December, 2024
Date: 02.12.2024
Examination Mode: Back Paper

Semester: 6th Semester Back
Subject Code: BSYTT 602
Batch: Sep, 2021
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:

Fill in the Blanks/Multiple Choice Questions (Attempt All)

10*1=10 Marks

1. The technique of cyclic meditation aims to balance the _____ and sympathetic nervous systems.
2. In _____ yoga we remain in complete bliss and contentment while at work
3. Main key of bhakti yoga "the path of self-surrender" is _____
4. Learning by doing various physical activities is _____
5. There is an average of _____% decline in the bone mineral density from 30-40 years of age to 90 years.
6. MSRT is advance technique for _____ Kosha
7. There are _____ phase in Quick Relaxation Technique.
8. Fifth step of MSRT is _____
9. Cyclic Meditation is built on the principle of _____
10. _____ or loss of appetite may be due to physiological or psychological reasons.

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

10 *2 =20 Marks

11. Define Gerontology
12. Define chronological age
13. Define Health according to WHO.
14. Describe the Stages of Life according to Indian scriptures.
15. What is stress according to yoga
16. Define physical education
17. Define School
18. What is the role of Principal in school health.
19. What are the three cardinal principles of Yoga
20. What is the prayer of Cyclic Meditation's prayer?
21. Write the name of skill related physical fitness components.
22. Define Muscular Strength.

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

6* 5 = 30 Marks

23. How Yoga is helpful in prevention and cure of sports injuries?
24. Write a short note on common geriatric problems.
25. Write a short note on Health Hazards in computer professionals.
26. What are the different types of awareness we use in cyclic meditation? Please explain.
27. Write a short note on "role of yoga in the promotion of skills in IT professionals".
28. What is SMET? Write in detail about SMET.
29. Explain in detail about holistic concept of human body and practices of each sheath.

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

4* 10 =40 Marks

30. Brief the Cognitive, Socio-Psychological, Socio-Economic changes in Old age.
31. Explain in detail about the effects of stress on different part of human body.
32. Write the goals and objectives of physical education.
33. How yoga is helpful for all round Personality Development? Explain in details.
34. What are the main guidelines for practicing yoga for old age?
35. How can yoga be helpful for school children? Explain based on research studies.



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Program: BSc (Yoga Therapy)

Subject Name: Introduction to Hatha Yoga and its Texts

Sem Period: Aug, 2024 – Dec, 2024

Date: 03.12.2024

Examination Mode: Arrear

Semester: 6th Semester Back

Subject Code: BSYTT 603

Batch: September, 2021

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. The Hatha Yoga Pradipika was written by _____
 - a. Swami Svamarama
 - b. Patanjali
 - c. Gorakshanath
 - d. Adi Yogi Shiva.
2. The practice of Hatha Yoga helps in balancing the _____ and _____ energies.
 - a. Spiritual, Material
 - b. Mind, Body
 - c. Positive, Negative
 - d. Ida, Pingala
3. Gajakarani is said to resemble the actions of which animal in the Hatha Yoga Pradipika?
 - a. Elephant
 - b. Tiger
 - c. Snake
 - d. Eagle.
4. What is the primary focus of the second chapter of the Hatha Yoga Pradipika?
 - a. Asanas
 - b. Pranayama
 - c. Bandhas
 - d. Mudras.
5. What is the effect of Mula Bandha according to the Hatha Yoga Pradipika?
 - a. Relaxation
 - b. Stop the upward movement of energy
 - c. Cooling
 - d. Stretching
6. To whom Gheranda imparts his teachings in the Gheranda Samhita?
 - a. Vishwamitra
 - b. Bharadwaja
 - c. Shandilya
 - d. Chandakapali
7. According to Hatha Yoga Pradipika asanas should be practiced to achieve _____.
 - a. Sthairyam
 - b. Arogyam
 - c. Anga-laaghavam
 - d. All the above
8. According to Shiva Samhita, how many nadis are there in the body?
 - a. 3,50,000
 - b. 75,000,
 - c. 1,25,000
 - d. 84,000
9. How many stages are there in all the yogic practices?
 - a. 4
 - b. 6
 - c. 8
 - d. 10
10. What is the main purpose of practicing pranayama according to the Hatha Yoga Pradipika?
 - a. To increase physical strength
 - b. To cleanse the nadis (energy channels)
 - c. Both a and b
 - d. To improve digestion

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

11. Give the name of any 8 Hatha yogis listed in Hatha Yoga Pradipika
12. How many Badhaka Tattvas (causes of failure) are mentioned in HYP and what are those?
13. Benefits of Neti Kriya according to HYP?
14. Complete the Shloka *Cale vaate calam cittam*.....!
15. How many bandhas are explained in HYP and what are those?
16. Explain Kevala Kumbhaka
17. Which sounds are heard at Arambha and Parichaya state of Nadanusandhana?
18. What are the Upapranas.
19. What are the two types of karmas explained in Shiva Samhita
20. Benefits of Sitkari Kumbhaka
21. According to HYP how many times and when pranayama should be practised
22. What are the Symptoms a yogi experiences when Nadi gets purified?

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

23. Explain the concept of Mitahara from HYP
24. Write a short note on Mayurasana & Simhasana from HYP?
25. Write a short note on khechari mudra from HYP?
26. Explain the concept of Prana
27. Explain concept of Samadhi as mentioned in HYP
28. Explain 3 bandhas in detail from HYP?
29. Explain the process of Nadishodhana.
30. Explain Shambhavi Mudra

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

31. Write an essay summarizing the third chapter of Hatha Yoga
32. What is the relevance of Hatha yoga in contemporary times?
33. Explain in detail about Shodhana kriyas from HYP.
34. Write the gist of HYP and explain its importance in modern scenario
35. Explain in detail about 4 best asanas according to Hatha Yoga Pradipika
36. Write an essay summarizing the first chapter of Hatha Yoga.