

BSc YT

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: Introduction to Hatha Yoga and its Texts

Sem Period: March, 2024 – July, 2024

Date: 12.07.2024

Examination Mode: Regular

Semester: 4th Semester

Subject Code: BSYTT 402

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. Swatmarama starts the text with a prayer to _____.
2. The term "Hatha" combines the syllables "Ha" and "Tha", representing the sun and _____.
3. The first chapter of "Hatha Yoga Pradipika" begins with a salutation to _____.
4. The practice of Bhastrika is compared to the bellows of a _____.
5. _____ Pranayama involves alternate nostril breathing
6. _____ is described as the "victorious breath."
7. Jalandhara Bandha involves tucking the _____.
8. The Gheranda Samhita describes _____ Kriyas in total
9. Agnisara Dhauti involves rapid contraction and relaxation of the _____ muscles
10. Mudra in Hatha Yoga refers to _____.

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

10 *02 =20 Marks

11. What is the effect of practicing Asanas on diseases according to the first chapter?
12. What is Prākāmya ?
13. Name the six purificatory techniques according to Gheranda Samhitā
14. What is Gaja Karani according to Hatha Yoga Pradipika.
15. What is Arambha avastha (beginning stage)?
16. What is the purpose of Shatkarma in the context of Gheranda Samhita?
17. What is Madhyama Nada?
18. What is Pingala Nadi and its characteristics?
19. What is the significance of Mudra in the Gheranda Samhita?
20. What kind of place is recommended for practicing Hatha Yoga?
21. What is the primary focus of the second chapter of "Hatha Yoga Pradipika"?
22. Describe the practice and benefits of Jalandhara Bandha

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

06 *05 =30 Marks

23. Discuss the concept of "Surya Bhedana Pranayama" and its benefits.
24. Explain Anahata chakra
25. What is Shoonya according to Hatha Yoga Pradipika
26. Analyze the significance of Pranayama in the Gheranda Samhita and its impact on the mind and body
27. Explain pancha prana and their function.
28. Discuss the significance of physical purification in Hatha Yoga.
29. Discuss the importance of mental discipline in Hatha Yoga as per the first chapter
30. Explain the causes of success in sadhana.

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

04* 10 =40 Marks

31. Explain the meaning and importance of the term "Hatha" in Hatha Yoga according to the first chapter.
32. Explain the Chakras in details.
33. What are the four stages in all the yogic practices?
34. How do the seven practices of Saptasadhana interrelate to achieve overall yogic perfection?
35. Describe the six cleansing techniques (Shatkarma) and their significance in the Gheranda Samhita
36. Describe the main components of Hatha Yoga mentioned in the first chapter of the Hatha Yoga Pradipika

DEEMED TO BE UNIVERSITY

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Program: BSc (Yoga Therapy)
Subject Name: Teachings Methods of Yoga
Sem Period: March, 2024 – July, 2024
Date: 15.07.2024
Examination Mode: Regular

Semester: 4th Semester
Subject Code: BSYTT 403
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. Shishya
2. Vidyarthi
3. Mumukshu
4. Beginners?
5. School children?
6. Special attention group?
7. Yoga Teacher qualities?
8. Levels or Phases in teaching.
9. Yoga class room
10. Importance of Educational technology.

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

10 *02 =20 Marks

11. "What is the role of a yoga teacher?"
12. "What is the essence and purpose of teaching?"
13. "What are the key qualities that define a perfect yoga guru?"
14. "How is yoga practice adapted for special attention groups?"
15. "What techniques are commonly employed in group teaching within the context of yoga sessions?"
16. "How is the practice of yoga tailored for the specific needs and preferences of youth?"
17. Lesson Planning
18. Codes of ethics
19. Research in action
20. Sitting arrangement
21. Class room problems
22. "What tools are commonly used in the practice of teaching yoga?"

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

06 *05 =30 Marks

23. Source of teaching methods.
24. "What is the meaning and scope of teaching methods?"
25. What is effective classroom management, and what common problems do teachers face in the classroom?
26. "What are the essential components and considerations that contribute to the development of a good lesson plan?"
27. "What are some key hints or guidelines for effectively conducting a lesson on meditation?"
28. "What are the sequential steps involved in the practical conduct of a yogic lesson?"
29. Educational technology.
30. Teaching Aids /tools

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

04* 10 =40 Marks

31. What are the different learning methods, and what are the benefits of various teaching methods?
32. How does the practice of yoga vary at different levels, including beginners, advanced practitioners, school children, youth, women, and special attention groups?
33. What are the practical applications of creating and implementing a lesson plan, can you write a lesson plan focused on asana or pranayama?
34. What is the meaning of action research in the context of yoga, and what roles and steps are involved in conducting action research within the field of yoga?
35. How does educational technology play a role in the field of yoga, and what are the various ways in which it contributes to yoga education and practice?
36. What principles are considered in constructing a timetable for scheduling yoga activities or events?

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: Yoga Therapy for Common Ailments (Part -2)

Sem Period: March, 2024 – July, 2024

Date: 10.07.2024

Examination Mode: Regular

Semester: 4th Semester

Subject Code: BSYTT 401

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. Define phobia?
2. Name two major types of stress
3. Define Eustress
4. Name two practices of Manomaya kosha
5. Define IAYT.
6. Name two types of Obesity.
7. Write the formula for BMI.
8. Name two types of Arthritis
9. Define lumbago.
10. Name two types of Amenorrhea.

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

10 *02 =20 Marks

11. Explain feeding center and satiety center in the brain?
12. What is the function of leptin and ghrelin?
13. What is Agoraphobia?
14. Name any five phobias.
15. What is Autoimmunity?
16. Explain the types of Vyadhi with a schematic diagram
17. Name 5 practices for Arthritis.
18. Name 5 practices for low back pain
19. Name 5 classical symptoms of depression
20. Define dysmenorrhea.
21. Define health according to W.H.O
22. What is obsessive compulsive disorder?

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

06 *05 =30 Marks

23. Explain depression. Write its IAYT management.
24. What is the role of stress and lifestyle as a risk factor for cancer? Give an elaborate understanding.
25. Explain the Panchakosha operation
26. What is the difference between anxiety and depression? Write their classical signs and symptoms.
27. What is Epilepsy? Explain its IAYT management.
28. Explain the different types of menstrual disorders. Write its IAYT management.
29. What are the different causes of low back pain? Explain its IAYT management.
30. Explain the two major types of Arthritis

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

04* 10 =40 Marks

31. Explain in detail about obesity and its IAYT management.
32. What is the role of stress in psychosomatic disorders?
33. What are the two major types of Arthritis? Explain its IAYT management in detail.
34. What is anxiety? What is the role of yoga therapy in different types of anxiety disorders?
35. Explain psychosis and neurosis. Explain the disorders under psychosis and neurosis in detail.
36. Explain infertility. Write the role of yoga therapy in its management.