

**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 Shad Darshanas  
**Sem Period:** August, 2024 to December, 2024  
**Date:** 13.12.2024  
**Examination Mode:** Regular

**Semester:** 3<sup>rd</sup> Semester  
**Subject Code:** BSYTEIT 304  
**Batch:** August, 2023  
**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. Shaṅkarāchārya regards Sāṅkhya as the 'main opponent' of Vedānta/Mīmāṃsā
2. Īśvarakṛṣṇa composed Sāṅkhya-Kārikā- True/False
3. Bṛhaspati is said to be the author of the Chārvāka/Jaina/Nyāya philosophy.
4. Pramāṇas/Prameyas means- the means of right cognition.
5. Prakṛti as the root-cause of the world as per Sāṅkhya/Mīmāṃsā
6. Vaiśeṣika is derived from 'viśeṣa/viṣaya/viṣāda'
7. Vedādhyaṇa means the recitation of the ..... portion (saṃhitā/āraṇyaka)
8. The word "yajus" is derived from the root ....., which means worship.
9. Sāṅkhya believes in Satkāryavāda/Vivartavāda
10. Conception of liberation mokṣa is common to all the schools of philosophy except the Chārvākas/Vaiśeṣikas/Vedāntins

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

**10 \*02 =20 Marks**

11. What are the two śāstras that are called tarka?
12. Name four Acharyas of Vaiśeṣika?
13. Write a small note on Mahat
14. Why is there no God as per Cārvākas? Write a small comment.
15. What are trividha duḥkhas?
16. Enlist the Kevala-Vikrtis (Sāṅkhya)
17. Name any four principal Upanishads
18. Write a small note on objectives of darśana- "initial pessimism and ultimate optimism."
19. Name four texts of Yoga.
20. Quote a karika of your choice from Cārvāka
21. Name the Niyamas
22. What is ātmā as per Cārvākas? Comment briefly

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

**06 \*05 =30 Marks**

23. Name the chapter divisions of yoga darśana.
24. Write a short note on Sāmaveda
25. Write a note on triguṇas.
26. The modifications of the Chitta (चित्तवृत्तयः) are of five kinds- Explain in short
27. Give the five proofs for the existence of Prakṛti as per Sāṅkhya
28. Ahankāra is said to be of three kinds- explain in short.
29. Compare and contrast a philosopher and a scientist
30. Comment on the - Belief in the Authority of the Vedas by darśanas

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

**04\* 10 =40 Marks**

31. Write an essay on Gita Upanishad as a darśana.
32. Explain Satkāryavāda
33. Explain the 16 padārthas of Nyāya.
34. Write an essay on Common Characters of Indian Philosophy
35. Explain evolution as per Sāṅkhya.
36. Write a note on āstika and nāstika darśanas.

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**Program:** BSc (Yoga Therapy)  
**Subject Name:** Methods of Teaching Yoga  
**Sem Period:** August, 2024 to December, 2024  
**Date:** 11.12.2024  
**Examination Mode:** Regular

**Semester:** 3<sup>rd</sup> Semester  
**Subject Code:** BSYTT 305  
**Batch:** August, 2023  
**Time:** 09.45 am to 12.45 pm  
**Max. Marks:** 100

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**Objective Types (Attempt All) – 1 Mark for each Question**

**10 \*01 =10 Marks**

1. Vidyarthi
2. Beginners
3. Special attention group
4. Levels or Phases in teaching
5. Life skills
6. Importance of Educational technology
7. Time table
8. Mumukshu
9. Yoga Teacher qualities
10. School children

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

**10 \*02 =20 Marks**

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

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

**06 \*05 =30 Marks**

23. Source of teaching methods
24. How does the practice of yoga differ for women and special attention groups?
25. What are the sequential steps involved in the practical conduct of a yogic lesson?
26. Explain the Essential features of yoga class
27. What are some key hints or guidelines for effectively conducting a lesson on meditation?
28. What is the meaning and scope of teaching methods?
29. What is effective classroom management, and what common problems do teachers face in the classroom?
30. Educational technology

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

**04\* 10 =40 Marks**

31. What are the concepts and relationship between teaching and learning?
32. What are life skills, and why are they important for personal and professional development?
33. How can individuals effectively utilize library and other resources to enhance their knowledge and research capabilities?
34. What principles are considered in constructing a timetable for scheduling yoga activities or events?
35. 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?
36. What are the different learning methods, and what are the benefits of various teaching methods?

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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:** 3<sup>rd</sup> Semester  
**Subject Code:** BSYTT 301  
**Batch:** August, 2023  
**Time:** 09.45 am to 12.45 pm  
**Max. Marks:** 100

**General Instructions:**

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**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 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 Therapy)  
**Subject:** Patanjali Yoga Darshana - 2  
**Sem Period:** August, 2024 to December, 2024  
**Date:** 07.12.2024  
**Examination Mode:** Regular

**Semester:** 3<sup>rd</sup> Semester  
**Subject Code:** BSYTT 303  
**Batch:** August, 2023  
**Time:** 09.45 am to 12.45 pm  
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**Objective Types (Attempt any 10) – 1 Mark for each Question** **10 \*01 =10 Marks**

1. Dharana refers to:
  - a. Sense withdrawal
  - b. Concentration
  - c. Meditation
  - d. Samadhi
2. How many Siddhis are mentioned in Vibhuti Pada?
  - a. 5
  - b. 8
  - c. 25
  - d. None of the above
3. Samyama on the navel leads to:
  - a. Knowledge of past lives
  - b. Knowledge of the body
  - c. Mastery over senses
  - d. Clairvoyance
4. Which Siddhi is attained by meditating on the heart?
  - a. Knowledge of past lives
  - b. Knowledge of the mind
  - c. Knowledge of the future
  - d. Invisibility
5. Meditation on the sun leads to:
  - a. Knowledge of the mind
  - b. Knowledge of the world
  - c. Knowledge of the cosmos
  - d. Liberation
6. Meditation on the moon gives:
  - a. Clairvoyance
  - b. Knowledge of the stars
  - c. Knowledge of the subtle body
  - d. Knowledge of the mind
7. The term for dissolution of the Gunas is:
  - a. Pratyahara
  - b. Pratiprasava
  - c. Viveka
  - d. Kaivalya
8. What are Vasanas?
  - a. Karmic impressions
  - b. States of Chitta
  - c. Levels of Samadhi
  - d. Stages of evolution
9. Viveka Khyati is:
  - a. Knowledge of discrimination
  - b. State of concentration
  - c. State of Samadhi
  - d. None of the above
10. Freedom from sorrow is achieved by Samyama on:
  - a. Breath
  - b. Mind
  - c. Soul
  - d. Heart

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

11. Yoga Sudhākara.
12. Ahamkara
13. Vikshipta
14. Vashikara samjna
15. Soucha
16. Abhinivesha
17. Types of Karmas according to Patanjali.
18. Siddha Darshana
19. Pratyahara
20. Vasana
21. Swadhyaya
22. Vipaka

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

23. What are Videha and Prakrutilayas?
24. Explain what is 'Viveka Kshyati' and the process of generating it?
25. Explain on Bhuta Jaya and the siddhis related to it
26. Explain the concept of Pranayama with sutras
27. Explain on Dharma, Laxyana and Avastha Parinamas.
28. Write a note on Prakriti & Purusha
29. What is the role of Tapas (austerity) in purifying the mind and body according to Kriya Yoga?
30. Write a note on Nine Antarayas.

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

31. Explain the 25 tatvas of Sankhya Philosophy with a flowchart of evolution.
32. Explain the ways of Chitta Prashadanam with Sutras.
33. Explain any ten Vibhuti explained in the third chapter of Patanjali Yoga Sutras
34. Discuss the concept of Samyama and how it leads to Siddhis or supernatural abilities
35. Explain Pancha Kleshas and how Avidya is the mother of all other four
36. Explain various types/stages of Samadhi as explained by Patanjali Maharshi

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**Program:** BSc (Yoga Therapy)  
**Subject Name:** Values of Indian Epics & Puranas  
**Sem Period:** August, 2024 to December, 2024  
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**Examination Mode:** Regular

**Semester:** 3<sup>rd</sup> Semester  
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**Objective Types (Attempt All) – 1 Mark for each Question**

**10 \*01 =10 Marks**

1. What is the virtue of Dana in Sanatana Dharma?
  - a. Compassion and kindness towards all living beings
  - b. The practice of self-discipline for spiritual growth
  - c. Charity and giving selflessly without expecting anything in return
  - d. Truthfulness in thought, speech, and action
2. What caused Ravana's downfall in the Ramayana?
  - a. His wisdom and knowledge
  - b. His humility and respect for others
  - c. His ego and arrogance
  - d. His selflessness and sacrifice
3. Which story from the Mahabharata exemplifies the value of Arjava (honesty and integrity)?
  - a. Lord Rama forgiving his mother Kaikeyi
  - b. King Shibi sacrificing his own flesh to save a dove
  - c. Bhishma taking a lifelong vow of celibacy for his father's happiness
  - d. Mahatma Gandhi's practice of Satyagraha
4. Who is the author of Mahabharata?
  - a. Maharshi Balmiki
  - b. Ved Vyasa
  - c. Shree Krishna
  - d. Sage Dronacharya.
5. What does the concept of Dhee (Intellect) primarily refer to in Indian philosophy?
  - a. The ability to control desires and anger
  - b. The power of self-discipline and physical endurance
  - c. The wisdom and clarity of thought used to make righteous decisions
  - d. The pursuit of spiritual knowledge through meditation
6. In the context of Vidya (Knowledge), what is considered the highest form of knowledge in Indian philosophy?
  - a. Knowledge of worldly sciences and technologies
  - b. Knowledge that leads to material success
  - c. Self-knowledge and realization of the Atman (Self)
  - d. Knowledge about history and the past
7. What does the virtue of Tapas (Austerity) primarily involve in Sanatana Dharma?
  - a. Practicing non-violence in thoughts and actions
  - b. Enduring hardships with patience and self-discipline for spiritual growth
  - c. Giving generously without expecting anything in return
  - d. Seeking knowledge through meditation and contemplation

8. In the Ramayana, Lord Rama treats everyone equally. What is this an example of?
- Egoism
  - Sacrifice
  - Equality and humility
  - Selfishness
9. What does MATHI, as demonstrated by Hanuman in the encounter with Surasa, signify?
- Strength
  - Intelligence and wit
  - Loyalty
  - Humility
10. Which of the following is closely associated with the concept of Dama (Self-control) in Indian scriptures?
- Seeking material wealth
  - Mastery over one's mind, desires, and senses
  - Knowledge and learning
  - Cultivating peace and compassion for all being

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

**10 \*02 =20 Marks**

- Explain the concept of **Dana** in Sanatana Dharma with an example.
- How does **Kshama** (Forgiveness) contribute to inner peace according to Sanatana Dharma?
- Discuss the importance of **Shanti** and how it is depicted in the Bhagavad Gita.
- How does the Ramayana portray the battle between good and evil?
- In what way does the Ramayana emphasize the importance of sacrifice and selflessness?
- How does the Sundara Kanda illustrate the importance of communication?
- What is Krodha and Akrodha?
- Write short note on Karna character
- Explain how Raja Harishchandra's truthfulness led to his exile and hardship.
- What is the significance and English name of Arundhati Nakshtra in hinduism?
- What is the significance of Dadheechi's sacrifice in the story?

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

**06 \*05 =30 Marks**

- What is the role of **Daya** (Compassion) in promoting social harmony in Sanatana Dharma?  
Use the example of King Shibi to explain
- Discuss the significance of **Aparigraha** (Non-Possessiveness) in leading a spiritually fulfilling life, with reference to Jain practices.
- Explain Kshama /Forgiveness and its relation with the character of Rama in Yuddha knada?
- Discuss about the Dhriti/Fortitude by explaining the character of Hanuman in Sundarakanda?
- Write a short story on Pandvas birth?
- Who was the main lead negative character in Mahabhartha? Give a brief summary of his role in Mahabharatha
- Discuss the emotional and moral challenges that Raja Harishchandra faced while staying true to his word.
- In Kalidas's *Meghaduta*, what ethical values does the Yaksha demonstrate through his enduring love and patience?

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

**04\* 10 =40 Marks**

30. Analyze the ethical principles of **Satya, Ahimsa, and Arjava** in Sanatana Dharma and their impact on personal and societal righteousness. Provide real-life examples to support your answer.
31. Explain the Structure of Ancient Indian Knowledge System with Chart
32. Evaluate the ethical qualities of Lord Rama, especially in terms of leadership, sacrifice, and selflessness. How can these principles be applied to contemporary leadership models?
33. Explain the transformation of Hanuman in the Sundara Kanda. How do his actions reflect key qualities such as intelligence, focus, and strength? Discuss their relevance to modern challenges in life and work.
34. Write the life story of Bheeshma and explain how he had yogic qualities?
35. Write the story of Pippalada and explain his teachings.

