

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

Program: MSc (Yoga & Consciousness)
Subject: Ashtadhyayi Pravesha
Sem Period: February, 2022 – July, 2022
Date: 28.06.2022
Examination Mode: Back Paper

Semester: 3rd Semester
Subject Code: MSYCT- 303
Batch: September, 2020
Time: 09.30 am to 12.30pm
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:

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

1. What is the date of Patanjali?
2. Who is the author of VAKYAPADIYA?
3. What is the work of Jayaditya and vamaana?
4. RAMA + ARIH =? do SANDHI here.
5. BALAKAH + PATHATI =? do SANDHI here.
6. What do you understand by GUNA in the Ashtadhyayi?
7. Who is the author of Vartikas?
8. Write two sutras from the Ashtadhyayi /
9. Who wrote Siddhantakaumudi?
10. What do you mean by HAL Pratyahara?
11. What is the work of Panini?

Short Essay: (Attempt any Eight) – 5 Marks for each Question 8* 5 = 40 Marks

12. Write a short note on Nagesha.
13. What is Vyakarana and what is the use of studying Vyakarana?
14. Write five Samjna Sutras from the Ashtadhyayi.
15. Explain the Paninian Sutra (Halah anantarah Samyogah)
16. Write on Avyayibhava Compound.
17. Write all the Maheshwara Sutras.
18. What do you mean by Yan Sandhi?
19. Is Vyakarana a Darshana? If yes then why?
20. Write a short note on Ashtadhyayi.

Long Essay: (Attempt any Four) – 10 Marks for each Question 4* 10 =40 Marks

21. Write the definition of SUTRA?
22. Write an essay on Katyayana.
23. Write ten names of Grammarians mentioned in the Astadhyayi.
24. Write the definition and one example of each type of sutra in the Ashtadhyayi.
25. Write an essay on VISARGASANDHI



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Program: MSc (YC)
Subject: Upanishads-2
Sem Period: Feb, 2022 – July, 2022
Date: 27.06.2022
Examination Mode: Back Paper

Semester: 3rd Semester
Subject Code: MSYCT- 302
Batch: September, 2020
Time: 09.30 am to 12.30pm
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:

Short Notes (Attempt All) – 2 Marks for each Question **10 *2 =20 Marks**

1. Ishavasyopanishad is from ____ Veda. What is the total number of Hymns (*Mantras*) are in this Upanishad?
2. Atiprashna in Prashna Upanishad
3. Shwethashvatara Upanishad belongs to ____ Veda. How many chapters are there in it?
4. “*Hiranmayena patrena satyasyapihitam mukham*”- is from ____ Upanishad? What is the significance of this?
5. ____ is *Sambhuti* & ____ is *Asambhuti* in Ishavasya Upanishad. Who is the *Rishi* (Mantra Drashtara) of this Upanishad?
6. Kathopanishad belongs to ____ Veda. What are the Chapters & sections are called as, in this Upanishad?
7. Akara, Ukara & Makara in Prashna
8. ____ is Vidya & ____ is Avidya in view of Ishavasyopanishad.
9. What is the Brahmacharya of householders in Prashna?
10. Surya Upasana is found in ____ Upanishad.

Short Essay: (Attempt All) – 5 Marks for each Question **8* 5 = 40 Marks**

11. Explain in brief – ‘Prayer for the vision of God’ in the teachings of Ishavasya Upanishad.
12. Name the disciples in Prashna Upanishad
13. Explain in brief – ‘Importance of Karma & Upasana’ according to Ishavasya Upanishad.
14. Explain in brief – ‘Cause of creation’ in view of Shwethashvatara Upanishad.
15. Five Pranas & their works
16. Antaryamin in Bruhadaranyaka

17. Explain the Concept of Dheera & his qualities according to kathopanishad.

18. Gargi and Yajnavalkya

Long Essay: (Attempt any Four) – 10 Marks for each Question 4* 10 =40 Marks

19. Write an essay on 'Upasana of Vidya & Avidya' in detail w.r.to the teachings of Ishavasyopanishad.

20. Creation in Aitareya

21. Write an essay on the Story of Vajashravas, Nachiketa and Yama seen in Kathopanishad.

22. Prana & Atman in Prashna

23. Write an essay on 'God, World & Man' according to Shwethashvatara Upanishad.



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

Program: MSc (YT)
Subject: Yogic Counselling
Sem Period: Feb, 2022 – July, 2022
Date: 24.06.2022
Examination Mode: Back Paper

Semester: 3rd Sem
Subject Code: MSTDE 301
Batch: Sep, 2020
Time: 09.30 am to 12.30 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:

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

1. What is the benefit one gets by following Asteya as a mahavratam?
2. Perfectionism
3. What is the benefit one gets by following swadhyaya as a mahavratam?
4. What is the benefit one gets by following Brahmacharya as a mahavratam?
5. Write the steps of Karma Yoga
6. What are the good expressions during counselling?
7. What is counselling?
8. Write any four Long-term goals of counselling.
9. Define Adhi and Vyadhi
10. Explain about Anadhijavyadhi
11. Give names of two diseases that are caused by Hypersensitivity.

Short Essay: (Attempt any Eight) – 5 Marks for each Question **8* 5 = 40 Marks**

12. What are the Goals of Counselling?
13. How to handle when counselee is elderly and counsellor is young?
14. What do you mean by Notional correction? Explain with an example.
15. What is meant by congenital problems? What is the principle of Yogic counselling for congenital problems?
16. Write the principle of yogic counselling for problems due to psychological conflicts.
17. What are the factors to be taken care to express that you are listening to the client with full interest?
18. How can the therapist judge the effectiveness of the counselling?

19. List the benefits of Pranayama.
20. Describe the technique for indriyashuddhi.

Long Essay: (Attempt any Four) – 10 Marks for each Question 4* 10 =40 Marks

21. Write the qualities a Yoga Counsellor should have. Explain in detail each one of them.
22. What is perfectionist attitude? What are the health problems that one may get due to perfectionist attitude? Explain the principle of Yogic counselling for each one of them.
23. Please write the dialogue between the counsellor and the counselee for the following case.
A student of MSc approaches the counsellor. He has language problem and also depression with the feeling that all others are from well to do families and also can speak fluent English.
24. Please write the dialogue between the counsellor and the counselee for the following case. Sir, with lot of difficulties we have brought our son to this centre. He is refusing to come inside. The main problem is he gets angry soon. He is very adamant. He does not study. He always keeps watching TV. Or keeps playing video games. He hates us. He does not like anybody advising him. Write the dialogue between counsellor and counselee.
25. A student of MSc approaches the counsellor. My roommates make lot of noise up to 10pm. I want to sleep by 10 pm. By that time, they put on all lights and start studying. Morning, I get up ½ hr. earlier than them. I maintain silence while finishing my works. But they get irritated for any small little sound. I am not able to adjust with them. I feel homesick.