

**BSc YVT**

**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)

**Semester:** 5<sup>th</sup> Semester

**Subject Name:** Introduction to Basic Principles of Ayurveda  
& Vedanga Jyotisha

**Subject Code:** BSYVTT 503

**Sem Period:** March, 2024 – July, 2024

**Batch:** September, 2021

**Date:** 22.07.2024

**Time:** 09.45 am to 12.45 pm

**Examination Mode:** Back Paper

**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. Originator of Ayurveda?
2. Disciples of Atreya.
3. Components of Ayu?
4. DDM.... expand
5. Who is Daksha prajapati
6. What do you mean by graha? Explain the word.
7. Which are the natural malefics, natural benefics and neutral planets?
8. What is gochara?
9. Which planets are friends and enemies to Saturn.
10. Which are the triskandas in jyotisha

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

**10 \*02 =20 Marks**

11. Sapta dhatus
12. Today's tithi, vaara, nakshatra
13. Guru gunas.
14. Aama?
15. Types of diseases
16. Names of Ayanas?
17. Write the names of all rashis and their respective lords
18. Write the aspects of all the planets
19. Who are the 18 pravartakas of jyotisha.
20. What is vimshottari dasha. Give the dasha period of all the planets.
21. Write the names of nakshatras owned by Ketu, shani and guru.
22. Name any four books in jyotisha

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

23. Define health as per sushruta
24. Qualities of royal physician.
25. Explain Chikitsa chatushpada
26. General line of treatment for VPK
27. Write the moolatrikona, exaltation and own signs for all the planets
28. Write the navagraha stotra given by veda vyasa.
29. Kaala purusha and his limbs.
30. What are the four kinds of yogas. Write notes on the below yogas:
  - a. Gaja kesari yoga
  - b. Lakshmi yoga
  - c. Visha yoga
  - d. Guru chandala yoga
  - e. Shakata yoga

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

31. Explain Dinacharya in detail
32. Explain shishya and guru gunas along with the qualities of Rajavaidya in detail
33. Discuss how knowledge of ayurveda helps you in Yoga chikitsa
34. Write down all the nakshatras distributed in all the rashis with their degrees.
35. In the below horoscope what disease the native can suffer from? Give reasons for that?

	10th h. 26 596.40	11th h. 23 517.8°	12th h. 21 364.60	1st h. 27 516.09
	Ju 12:52 UBh MeR 08:57 UBh	Ve 01:04 Ash Sa 07:30 Ash		As 28:09 Pun
9th h. 30 210.19	Su 29:18 PBh			Ra 28:01 Asl
8th h. 31 251.06	Ke 28:01 Dha Mo 14:42 Shr			
			Ma 18:25 Swa	
	7th h. 29 515.05	6th h. 37 463.02	5th h. 23 347.24	4th h. 24 309.38

36. Who are the dhanaadhipati, rogadhipati, vyayadhipati, karmadhipati, parakramadhipati for the following lagnas:
  - a. Mesha
  - b. Tula
  - c. Kumbha
  - d. Vrischika
  - e. Simha

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**Program:** BSc (Yoga & Vedic Therapy)  
**Subject Name:** Introduction to Darshanas  
**Sem Period:** March, 2024 – July, 2024  
**Date:** 27.07.2024  
**Examination Mode:** Back Paper

**Semester:** 5<sup>th</sup> Semester  
**Subject Code:** BSYVTT 502  
**Batch:** September, 2021  
**Time:** 09.45 am to 12.45 pm  
**Max. Marks:** 100

**General Instructions:**

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Reg No:

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

**10 \*01 =10 Marks**

1. Samkhya which means-----as well as-----
2. Yoga Bhashya wrote by-----
3. In Mudha state----- guna is predominant
4. Brahmacharya is one of the principle's of-----
5. Sankhya philosophy is by-----
6. Purva mimamsa accepts----- pramanas
7. Vaishshika divided into-----adhyayas
8. YogaH-----nirodhaH
9. Iswara Pranidhan is one of the principle's of-----
10. ----- is one among the oldest school in India Philosophy

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

**10 \*02 =20 Marks**

11. List out Nastika Darshanas
12. What are the attributes of Manas
13. Write about sattva Guna
14. Write about Prasthanatraya
15. What is other name of Uttara mimamsa
16. What is the concept of God according to Nyaya darshanam
17. Who are the commentators of Yoga philosophy?
18. Write about Samadhi
19. Which are the other works ascribed to Veda Vyasa.
20. Who is the author of Nyaya darshana and what is the total number of Nyaya sutras are mentioned?
21. Name any 4 sages who contributed there in the field of Darshanas
22. What is the meaning of Upanishads? List out 10 major Upanishads

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

**06 \*05 =30 Marks**

23. Explain the theory of Evolution and write the attributes of Purusha and Prakriti
24. Write short notes on bahiranga yoga and what is the importance of Pratyahara.
25. What are the pramanas mentioned in Yoga philosophy? Explain them.
26. Write a short note on Pancha kleshas.
27. Write about Yama and Niyama
28. Write the modifications of citta.
29. List out padarthas mentioned in Vaisheshika Darshanam
30. Write a short note on Uttara mimamsa

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

**04\* 10 =40 Marks**

31. Write about Ashtanga Yoga of Patanjali Yoga Darshana
32. How Yoga Darshanam is applicable in day to day life
33. How the teachings of Upanishads are relevant in day to day life?
34. Write the following
  - A. Astika darshanas and Nastika Darshanas
  - B. Vedas and Vedangas
  - C. Meaning of Vedas and Vedanta
  - D. Define Pranayama and Pratyahara
35. Write the introduction to Nyaya Darshanam and concept of theory of evolution according to Nyaya Darshana
36. Explain in detail about Sankhya Darshanam

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**Program:** BSc (Yoga & Vedic Therapy)  
**Subject Name:** Niti Shatakam  
**Sem Period:** March, 2024 – July, 2024  
**Date:** 26.07.2024  
**Examination Mode:** Back Paper

**Semester:** 5<sup>th</sup> Semester  
**Subject Code:** BSYVTTE2 501  
**Batch:** September, 2021  
**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**

को लाभो गुणसङ्गमः किमसुखं प्राज्ञैतरैः सङ्गतिः  
का हानिः समयच्युतिर्निपुणता का धर्मतत्त्वे रतिः ।  
कः शूरो विजितेन्द्रियः प्रियतमा काऽनुव्रता किं धनं  
विद्या किं सुखमप्रवासगमनं राज्यं किमाज्ञाफलम् ॥

**According to the above shloka, answer the following questions:**

1. What is profit?
2. What is sorrow?
3. What is loss?
4. What is cleverness?
5. Who is brave?
6. Who is beloved?
7. What is wealth?
8. What is pleasure?
9. What is kingdom?
10. Write the meaning of the above shloka

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

**10 \*02 =20 Marks**

11. What are the natural qualities of a duratma
12. What kind of people finish the started work?
13. Comparing with what, Bhartrihari tells 'Vaagbhooshanam bhooshanam'
14. Who does neetishataka karta consider as an animal. Write the shloka
15. How many shatakas did Bhartrihari write. What is their content
16. What are nitikavyas and upadesha kavyas
17. What is the importance of paropakaara
18. When does a sanyasi, Brahmana, raja and lineage gets destroyed
19. What all can happen if the Paramatma(Vishnu) is happy on us.
20. What can you find in chanakya neeti and puranic literature?
21. What are the two ends of manasvi with shloka?
22. What is the importance of silence?

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

**06 \*05 =30 Marks**

23. What are the 8 qualities of auspiciousness? Explain with shloka
24. Using any two shlokas tell the qualities of a durjana.
25. What are the three ends of money? Write the shloka as well.
26. What is mangalacharana. Write the mangalacharana shloka of Nitishatakam with meaning.
27. How does Punya protect us? Support with shlokas
28. What is the state of a sevaka/servant according to Bhartrihari. Explain with the shloka.
29. Who does Bhartrihari consider as a Pashu. Explain with shlokas
30. What are the qualities of a good friend? Write with the shloka.

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

**04\* 10 =40 Marks**

31. What is the importance of Sheela? Support with shlokas.
32. What is the opinion of Bhartrihari with regards to foolish(मूर्ख) people? Support with relevant shlokas.
33. Qualities of satpurusha with relevant shlokas
34. What are the qualities of dheera purusha. Support with shlokas
35. Qualities of mahatma with relevant shlokas
36. Write any five shlokas with meaning from Nitishakam.

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**Program:** BSc (Yoga & Vedic Therapy)  
**Subject Name:** Research Methodology & Statistics  
**Sem Period:** March, 2024 – July, 2024  
**Date:** 23.07.2024  
**Examination Mode:** Back Paper

**Semester:** 5<sup>th</sup> Semester  
**Subject Code:** BSYVTT 504  
**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
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Reg No:

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

**10 \*01 =10 Marks**

1. All individuals defined by the research problem is called
  - a) Sample
  - b) Data
  - c) Population
  - d) None of the above
2. A summary of statistics that represents the central tendency or value of data set is known as
  - a) Mean
  - b) Median
  - c) Mode
  - d) All the above
3. Main objective of Institutional Ethics Committee to check
  - a) The research should never harm a person
  - b) Each participant has a right to privacy
  - c) Confidentiality of the data
  - d) All the above
4. Random sampling is when every individual in the population has
  - a) None of the below
  - b) Being chosen from a equal distance
  - c) Being chosen whatever way they are available
  - d) An equal chance of being in the sample
5. A set of procedures by which a research study is conducted is called as
  - a) Assessment
  - b) Intervention
  - c) Design
  - d) Sampling
6. Controlled group condition is applied in
  - a) Survey Research
  - b) Historical Research
  - c) Experimental Research
  - d) Descriptive Research
7. Which of the following is not a part of IRB member?
  - a) Researcher
  - b) Lawyer
  - c) Scientist
  - d) Clinician
8. A measure of dispersal which indicates how much the values differ from the mean value is called
  - a) Mean
  - b) Median
  - c) Mode
  - d) Standard deviation

9. Which of the following test is used for within group and non-parametric test

- a) Spearman's correlation
- b) Friedman's test
- c) Wilcoxon's sign rank test
- d) Kruskal Wallis test

10. Which one of the following is a not a non-parametric test?

- a) Wilcoxon signed rank test
- b) Independent sample t-test
- c) Spearman's correlation
- d) Man Whitney U test

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

**10 \*02 =20 Marks**

- 11. Median
- 12. Abstract
- 13. Characteristics of a good research question
- 14. Scales
- 15. Normal Distribution
- 16. Ancient literature review
- 17. Histogram
- 18. Reliability
- 19. Independent Sample 't' test
- 20. IEC
- 21. Blinding
- 22. Variables

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

**06 \*05 =30 Marks**

- 23. Applied vs Fundamental research
- 24. Hypothesis vs Null-hypothesis
- 25. Ordinal vs Ratio data
- 26. Cohort vs Cross-sectional design
- 27. Prospective vs retrospective design
- 28. Histogram vs Pia chart
- 29. Reliability vs Validity.

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

**04\* 10 =40 Marks**

- 30. Describe the classification of Research Types with examples
- 31. Explain four sampling methods with examples.
- 32. Explain parametric and non-parametric tests in details.
- 33. Arrange the following data into a frequency table and calculate the mean, median, mode and standard deviation  
{2,2,2,2,2,2,4,4,4,4,4,4,4,3,3,3,3,3,3,3,3,3,3,3,3,3,5,5,5,5,5,5,5,5,5,5,5,5,6,6,6,6,6,6,6,6,6,6,6,6,6,7,7,7,7,7,7,7,7,9,9,9,9,1,10,10,10}
- 34. Draw a Histogram and calculate the median and standard deviation of the following data.

Class	Frequency
10-20	4
20-30	3
30-40	5
40-50	7
50-60	6
60-70	2