

**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)  
**Subject Name:** Basis of Yoga  
**Sem Period:** Aug, 2022 to Dec, 2022  
**Date:** 24.11.2022  
**Examination Mode:** Back Paper

**Semester:** 1<sup>st</sup> Semester  
**Subject Code:** BSYVTT 102  
**Batch:** September, 2021  
**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:

**Objective Types (Attempt All) – 1 Mark for each Question      10 \*01 =10 Marks**

1. Yogah chittavritti nirodhah. What does nirodha mean?
2. Write the synonym of Vedanta.
3. Which Upanishad explained about Purushartha?
4. Bhagvad Gita comes under which Prasthanas?
5. Give the example of Shruti Prasthanas.
6. Yama and Nachiketa story has been taken from which Upanishad?
7. \_\_\_\_ is the Application of Science.
8. Who developed  $E=mc^2$ .
9. What are the fundamental units of life?
10. What is Brahmana?

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

11. Write two scriptural definition of Yoga with meaning.
12. What is Veda?
13. How human being is differentiated from animal?
14. Creativity: The core of art and engineering. Justify.
15. Happiness differs from community to community. Justify.
16. Explain karma kanda.
17. List out the practices which enhances the Annamaya kosha.
18. 'Each Soul is Potentially .....'. complete the sentence.
19. Write down the Sloka which explain the connection among Arishadvarg.
20. Steps of Raja Yoga.
21. Write the characteristics of Atma according to Bhagvad Gita.
22. Explain Purushartha chatustaya.

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

**06 \*05 =30 Marks**

23. Law of diminishing returns. Explain with example.
24. Notes on Sikshyavalli.
25. Importance of Bhagvad Gita chapter II.
26. Notes on four streams of Yoga.
27. Role of Yoga on the personality development in physical level.
28. Write down the old lady story in the context of Happiness Analysis.
29. "Om Sahana Bhavatu .....". complete the Sloka and explain in details.
30. Notes on Mundaka Upanishad.

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

**04\* 10 =40 Marks**

31. Happiness Analysis explain in details.
32. Details on Katho Upanishad.
33. Details on Role of Yoga in personality development.
34. Definition and explanation of Yoga from different scriptures
35. Details on four paths of Yoga.



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**Program:** BSc (YT)

**Subject:** Four streams of Yoga

**Semester Period:** Aug, 2022 to Dec, 2022

**Date:** 23.11.2022

**Examination Mode:** Back Paper

**Semester:** 1<sup>st</sup> Semester

**Subject Code:** BSYTT 103

**Batch:** September, 2021

**Time:** 09.30 am to 12.30 pm

**Total Marks:** 100

**General Instructions:**

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Reg No:

**Fill in the Blanks: (Attempt All)- 1 Mark for each Question**

**10\*1=10 Marks**

1. Unwavering faith in yourself, the sacred scriptures, God and Guru \_\_\_\_\_.
2. Non accumulation of wealth or unnecessary articles or non-acceptance of gifts is called \_\_\_\_\_.
3. Enormous vigor, power and memory comes to the Yogi, who is perfectly established in \_\_\_\_\_.
4. Reading, self-analysis, introspection is called \_\_\_\_\_.
5. Karma Yoga is a practice for \_\_\_\_\_ kosha.
6. Faith in God, or higher power, humility, feeling of surrender is called \_\_\_\_\_.
7. Remain tolerant or baring pairs of opposites such as heat and cold, pleasure and pain patient fully is called \_\_\_\_\_.
8. One who remains unattached under all conditions \_\_\_\_\_.
9. Cleanliness at body and mental level is called \_\_\_\_\_.
10. The Yogi, who is perfectly established in \_\_\_\_\_, obtains all kinds of wealth.

**Short Notes: [Attempt All] – 2 Marks for each Question**

**10\*2= 20 Marks**

11. सत्यप्रतिष्ठायां \_\_\_\_\_ | (Fill in the blanks).
12. ब्रह्मचर्यप्रतिष्ठायां \_\_\_\_\_ | (Fill in the blanks).
13. संतोषाद् \_\_\_\_\_ | (Fill in the blanks).
14. Define *Dhyana* according to Patanjali.
15. Name the levels of *Samadhi*.
16. What is *Turiya* State?
17. What is *Mumukshutavam*?
18. What are the types of *Bhakta*.
19. What is '*Vairagya*'?

20. अपरिग्रहस्थैर्ये \_\_\_\_\_ | (Fill in the blanks.)

**Short Essay: [Answer any Six]– 5 Marks for each Question**

**06\*5= 30 Marks**

21. Explain the 5 *Niyama* in with their meaning and benefits.
22. What is *Pratyahara* ?
23. Explain what are *Karma*, *Vikarma* and *Akarma*?
24. Janendriyas (Cognitive sense Organs) and their tanmatras (sense objects).
25. Explain the sadhana processes of Jnana Yoga: Shravan, Manana & Nidhidhyasana.
26. Explain the four states of consciousness.
27. Who is a Bhakta? Explain Qualities of a Bhakta.
28. Explain the following Sloka.

ध्यायतो विषयान्पुंसः सङ्गस्तेषूपजायते |  
सङ्गात्सञ्जायते कामः कामात्क्रोधोऽभिजायते ||  
क्रोधाद्भवति सम्मोहः सम्मोहात्स्मृतिविभ्रमः |  
स्मृतिभ्रंशाद् बुद्धिनाशो बुद्धिनाशात्प्रणश्यति ||

**Long Essay: [Answer any Four] -10 Marks for each Question**

**04\*10= 40 Marks**

29. Explain the concepts of *Pranayama* with their different categories and benefits.
30. What is *Karma*? How it binds us? How we can get freedom through *Karma Yoga*?
31. Explain Sadhana Chatustaya in details.
32. Explain Navavidha Bhakti with examples.
33. What are the characteristics of a Stitaparanjanaya? Explain in details.

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**Program:** BSc (Yoga & Vedic Therapy)  
**Subject Name:** Human Anatomy & Physiology  
**Sem Period:** Aug, 2022 to Dec, 2022  
**Date:** 24.11.2022  
**Examination Mode:** Back Paper

**Semester:** 1<sup>st</sup> Semester  
**Subject Code:** BSYVTT 104  
**Batch:** September, 2021  
**Time:** 09.30 am to 12.30 pm  
**Max. Marks:** 100

**General Instructions:**

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**Objective Types (Attempt All) – 1 Mark for each Question** **10 \*01 =10 Marks**

1. .... connects muscle to muscle
2. .... is responsible for intelligence
3. .... gland secretes insulin
4. .... is the name for fore arm bones
5. .... is involved in execution of memory
6. In .... purification of urine takes place
7. .... is important center at occipital lobe
8. Endocrine glands secrete ..... mostly
9. Total number of vertebra .....
10. .... blood vessels are branches of veins

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

11. Write the functions of adrenal gland
12. Write the types of circulation
13. Name the systems involved in the excretory function
14. Write the functions of the cartilage
15. Write the types of muscles
16. Name the parts of Pharynx
17. Write the different types of blood vessels
18. Write the parts of male reproductive system
19. Write the parts of nose
20. Write the types of nervous tissue
21. Write the function of hippocampus
22. Write the importance of spinal cord

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

23. Write about anatomy and functions of voice box
24. Write the anatomy and physiology of cell
25. Write the types and function of connective tissue
26. Write the secretions of Thyroid gland with functions
27. Write the different types of joints
28. Write about the Anatomy and function of Basal ganglia
29. Write about the system involved in controlling of emotions.
30. Write the important functions of Medulla oblongata and Pons

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

31. Write the anatomy and physiology of digestive system with neat diagram
32. Write the anatomy and physiology of the cardio vascular system
33. Write the importance of Autonomic nervous system during stress
34. Write the importance of four lobes of cerebrum
35. Write the secretions of Pituitary gland and its functions



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**Program:** BSc (Yoga & Vedic Therapy)  
**Subject Name:** Samskritam  
**Semester Period:** Aug, 2022 to Dec, 2022  
**Date:** 25.11.2022  
**Examination Mode:** Back Paper

**Semester:** 1<sup>st</sup> Semester  
**Subject Code:** BSYVTT 103  
**Batch:** September, 2021  
**Time:** 09.30 am to 12.30 pm  
**Max. Marks:** 100

**General Instructions:**

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

1. What is the ह्रस्व स्वर and दीर्घ स्वर
2. Choose any verb and frame the verb formation.
3. Give the two examples of each gender.
4. Enlist 10 verbs.
5. Write the shloka related with 10 Upanishads
6. राजपत्नी गुरोः पत्नी.....Complete the subhashita
7. Give a short introduction about yourself.
8. Translate this sentence - मम नाम रामः ।
9. What are Anuswaara and visarga.
10. Write the plural forms for these words – वृक्षः । कूपी । फलम्
11. Backside of the temple – translate into samskritam
12. Write two lines about Samskritam in samskritam.

**Short Essay (Attempt any Eight) – 5 Marks for each Question      08 \*5 =40 Marks**

13. Write the time for the following in samskritam – 7:00, 7:05, 7:10, 7:15, 7:20, 7:25, 7:30, 7:35, 7:40, 7:45, 7:50, 7:55
14. Write down the numbers from 1-20
15. Write down the names of any 20 material things.
16. Write the combination of vowels and consonants for म । प । व । क । च
17. What are kanthya, talavya, moordhanya, dantya and oshtya.
18. What are अयोगवाः explain in detail.

19. Use the following and make sentences in sanskrit – सीता । जलं । उद्यानम् । पुस्तकं । मंदिरं

20. What are अल्पप्राण व्यंजनानि । महाप्राण व्यंजनानि

21. रामो राजमणिः सदा.....complete the shloka and write the meaning of it.

22. शुक्लां बम्ह विचार सार..... complete the shloka and write the meaning of it.

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

23. Write any three subhashitas with word to word meaning and the gist in your own words.

24. Write 10 lines about Yoga in Samskritam in your own words.

25. Frame the 9 verb formations for the following: गच्छति । खादति । पिबति । हसति । वदति

26. Write the story of Panini. Write the maheshwara sutras and explain the relationship between अच् हल् and maheshwara sutras.

27. Write the shabdarooops for all the following nouns

अकारान्तः पुल्लिङ्गः रामः शब्दः

आकारान्तः स्त्रीलिङ्गः सीता शब्दः

उकारान्तः नपुंसक लिङ्गः मधु शब्दः

