

**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:** Four Streams of Yoga  
**Sem Period:** March, 2024 – July, 2024  
**Date:** 26.07.2024  
**Examination Mode:** Back Paper

**Semester:** 2<sup>nd</sup> Semester  
**Subject Code:** BSYTT 204  
**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. Veda and Vedangas are considered as \_\_\_\_\_ Vidya.  
(Para, Aparā, Samāgra, Samāna)
2. Establishing in Self (Swarupa) happens only after attainment of \_\_\_\_\_ state.  
(Kshipta, Vikshipta, Niruddha, Ekagra)
3. Which of the following is not a Pramana Vrutti.  
(Pratyakshya, Vikalpa, Anumana, Agama)
4. A strong desire of liberation is called  
(Manana, Mumukshutam, Viveka, Vichara)
5. Prohibited actions are called \_\_\_\_\_.  
(Karma, Akarma, Vikarma, Prabdha)
6. Total surrender to Iswara is called \_\_\_\_\_ bhakti.  
(Padasevana, Nama swarana, Atma Nivedana, Vatsalya)
7. Following the disciplines strictly even in unfavorable condition is called \_\_\_\_\_.  
(Tapas, Titiksha, Swadhya, Soucha)
8. "Yogastha Kuru Karmani" refers  
(Akarma, Karma, Vikarma, Prarabdha)
9. Which of the following Pranayama is different from others?  
(Ujjai, Chandra Anuloma, Surya anulomaviloma, Bhastrika)
10. Apana Vayu is related to \_\_\_\_\_.  
(Vomiting, Excretion, Digestion, Circulation)

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

11. *Satya*
12. *Ahimsa*
13. *Dharana*
14. *Shraddha*
15. *Viveka*
16. *Rajasika Karma.*
17. *Iswarapranidhana*
18. *Nitidhyasana*
19. *Titikshya*
20. *Turiya*
21. *Arta and Arthathi bhakta*
22. *Para Vidya*

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

23. Mention the sutras with their meanings related to *Asana and Pranayama* according to *Patanjali*.
24. Explain different categories of *Pranayama* with examples.
25. Write and explain two *slokas* from *Karma Yoga sloka Samgrah*.
26. Write and explain two *slokas* from *Bhakti Yoga sloka Samgrah*.
27. What are the *Pancha Bhavas* in *Bhakti Yoga*? Explain in brief.
28. Types of *Bhaktas* according to *Bhagavad Gita*.
29. Explain importance of *Pratyahara* in *Raja Yoga*.
30. Explain how *Shravana, Manana & Nidhidhyasana* help to attain *Jnana Yoga*.

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

31. Explain *Karma Yoga* in details: how one can transform one's simple action into *Karma Yoga*?
32. Explain *Pratyahara, Dharana and Dhyana* and *Samadhi* in details.
33. What is *Para* and *Apara vidya*? Explain *Stitaprajnya lakshyana* in brief.
34. Explain the *Sadhana chatustaya* as the qualifications for *Jnana Yoga* in details.
35. How one can transform one's simple action(karma) into *Karma Yoga*?
36. What is *bhakti Yoga*? Explain *Nabadha Bhakti* with examples.

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

**10 \*01 =10 Marks**

1. What is the date of utarayana and dakshinayana?
2. What is the meaning of Sanatana Dharma?
3. Meaning of Matsya Avatara
4. Period of Varaha Avatara
5. mother name maharishi patanjali
6. birth place buddha
7. Name of the first trithankara
8. Father name Maharishi Ramana
9. Birth date & Death date of Ramakrishna Paramhansa
10. What was the motto of Swami Sivananda Saraswati teaching?

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

**10 \*02 =20 Marks**

11. What is the sadhak tatwa? Name all
12. What is yogic lifestyle?
13. Name the 10 incarnation in sequence
14. Purpose of Krishna Avatara
15. Which festival is associated with the Rishi Veda Vyasa?
16. What is the meaning of Agnosticism?
17. What is Aurobindo's *Integral Yoga*?
18. What is fourfold restraint? Who established it? Name all.
19. How many monasteries Shankaracharya established? Name and place.
20. What is the average nutrition ratio per day?
21. Main works of Rishi Veda Vyasa.
22. What society Swami Vivekananda formed? When? Where?

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

**06 \*05 =30 Marks**

23. Qualities of yogi according to hathayogapradipika
24. Explain about vedanga.
25. What is the King Kamsa intention and motive behind killing Shri Krishna? Write 5 points.
26. What is the meaning of Buddha? What are the four signs that leads Buddha to journey of attaining nirvana? Explain.
27. What are the mahavrata? Explain. How mahavrata are associated with yoga?
28. Write the story of Practice Makes Perfect from *Living with Himalayan Masters*.
29. What is the relation between desirelessness and wisdom?
30. Explain Thrayo-Upasthamba.

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

**04\* 10 =40 Marks**

31. What is the correlation between healthy lifestyle and doshas?
32. Brief story of Parashurama Avatara
33. What are the two main sect of Jainism? What are the ten dreams and their significance?
34. Write a one Moral story related to
  - a. Swami Vivekananda
  - b. Ramakrishna Paramhansa
  - c. Sharada Ma.
35. Write a biography of Maharishi Ramana and Swami Satyanada Saraswati.
36. What are the eight limbs according to PYS? What is asana? Sutra. What is pranayama? Sutra