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) | **Semester:** 6th Semester
Subject Name: Essence of Bhagavad Gita | **Subject Code:** BSYTT 601
Sem Period: August, 2025 – December, 2025 | **Batch:** August, 2022
Date: 27.11.2025 | **Time:** 09.45 am to 12.45 pm
Examination Mode: Supplementary | **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. Name of the second chapter is Sankhya Yoga -True/False.
2. 18th Chapter of the Bhagavadgita has 72 shlokas -True/False
3. Name one Samskrta commentary on Bhagavadgita.
4. Name of the third chapter is Jñāna Yoga -True/False
5. Chapter ..... has 47 shlokas. (1st/12th/18th)
6. नैनं छिन्दन्ति ..... नैनं दहति पावकः । nainaṃ chindanti ..... nainaṃ dahati pāvakaḥ . Fill in the blank
7. प्रसादे सर्वदुःखानां ..... । prasāde sarvaduḥkhānāṃ ..... . Fill in the blank
8. Bhagavadgita is a part of ..... (Ramayana/Mahabharata/Bhagavata)
9. 4th Chapter of the Bhagavadgita is called Karma Yoga -True/False
10. ..... वेदाः निस्त्रैगुण्यो भवार्जुन । ..... vedāḥ nistraiguṇyo bhavārjuna . Fill in the blank

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

11. ..... ज्ञानं तत्परः संयतेन्द्रियः ।..... ..... jñānaṃ tatparaḥ saṃyatendriyaḥ . Fill in the blanks
12. ..... कुरुक्षेत्रे ..... युयुत्सवः । ..... kurukṣetre ..... yuyutsavaḥ . Fill in the blanks
13. Write a very short note on- Arjuna as a student
14. Write a small note on background of Bhagavadgita
15. Translate- क्षुद्रं हृदयदौर्बल्यं त्यक्त्वोत्तिष्ठ परन्तप ॥२-३॥ kṣudraṃ hṛdayadaurbalyaṃ tyaktvottiṣṭha parantapa .2-3..
16. Write a very short note on- Any two Shankhas names as mentioned in Chapter 1st.
17. Translate- अशोच्यानन्वशोचस्त्वं प्रज्ञावादांश्च भाषसे । २-११॥ aśocyānanvaśocastvaṃ prajñāvādāṃśca bhāṣase.2-11.

18. ..... ब्रह्म हविः ब्रह्माग्नौ ..... हुतम् । ..... brahma haviḥ brahmāgnau ..... hutam . Fill in the blanks

19. Write a very short note on- Kṛṣṇa as a teacher.

20. मामकाः पाण्डवाश्चैव .... । māmakāḥ pāṇḍavāścaiva .... Fill in the blanks.

21. ..... हषीकेशो देवदत्तं ..... । ..... haṣīkeśo devadattaṃ ..... Fill in the blanks.

22. Explain shortly- कर्मण्येवाधिकारस्ते मा फलेषु कदाचन । karmaṇyevādhikāraste mā phaleṣu kadācana

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

23. What are the characteristics of a sthitaprajña as mentioned in chapter 2nd of Bhagavadgita..

24. Write a note on spiritual and cultural importance of Bhagavadgita

25. Write a short note on the magic number 18 related to the Bhagavadgita

26. Write a short note on the names of heroes mentioned in the chapter 1st of Bhagavadgita.

27. Write the nine meanings in which the word yogi is used in the Bhagavadgita.

28. Discuss the answer of the following question- अथ केन प्रयुक्तोऽयं पापं चरति पूरुषः । atha kena prayukto'yaṃ pāpaṃ carati pūruṣaḥ

29. Write the seven meanings in which the word Yoga is used in the Bhagavadgita.

30. Write a short note on purpose of avatāra as expressed in chapter 4th of Bhagavadgita

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

31. Write the essence of Chapter Second of Bhagavadgita

32. Write the essence of Chapter Ninth of Bhagavadgita.

33. Write the essence of Chapter Third of Bhagavadgita

34. Write the essence of Chapter Sixth of Bhagavadgita

35. Write the chapter names and numbers in Bhagavadgita

36. Write the essence of Chapter Seventh of Bhagavadgita

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Program: BSc (Yoga Therapy) | **Semester:** 6th Semester
Subject Name: Essence of Major Upanishads | **Subject Code:** BSYTT 603
Sem Period: August, 2025 – December, 2025 | **Batch:** August, 2022
Date: 29.11.2025 | **Time:** 09.45 am to 12.45 pm
Examination Mode: Supplementary | **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. What does the term 'Sadhu' literally mean in Sanskrit?
2. Which Upanishad contains a dialogue where the Shishya asks "By whom is the mind directed?".
3. Which Veda does the Kathopanishad belong to?
4. What was Nachiketa's second boon to Yama?
5. What is the metaphor used in 1-3-14 to describe the spiritual path?
6. To which Veda does the Mundaka Upanishad belong?
7. What metaphor is used for the final liberation in Mundaka Upanishad?
8. What is the term used for the sacred syllable 'Om' in the Chhandogya Upanishad context?
9. Who taught the supreme truth "Tat tvam asi" to Śvetaketu?
10. According to the Upanishad, what is the true meaning of yajña (sacrifice)?

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

11. Write the meaning of Upanishad
12. Write the concept of Karma Nishtha as per Ishavasopanishad
13. Explain the meaning of Prasthantrai
14. Explain how atman is immortal as per kathopanishad
15. What do you mean by "sense knowledge is nothing"? – refer Kathopanishad
16. What do you mean by indivisible brahaman?
17. Write the lineage of rishis for Brahmavidya as per Mundaka Upanishad
18. What is real tapas as per Mundaka Upanishad?
19. Define the greatness of Brahamnvidya in short para.
20. What is the central goal of seer?
21. Write the total chapter, valli and mantras in Chhandogya Upanishad
22. What do you mean by purity of seer?

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

23. Explain the teaching of Yama in verse 1-2-1 about the distinction between 'Shreyas' and 'Preyas'. How is this relevant in modern life?

24. Explain the message of the first mantra of the Isavasyopanishad: *"Ishavasyam idam sarvam "* How does it guide us toward renunciation and spiritual enjoyment?

25. Distinguish between a Rishi, Maharshi, and Brahmarshi as explained in the document. Include the concept of the three types of 'eyes'

26. Write a note on need of guru bhakti to realize Brahman and purity extolled for Brahaman

27. Describe how Prāṇa is portrayed as the chief among the vital energies in the third question of Prashnopanishad.

28. Explain the distinction between Para and Apara Vidya as described in the Mundaka Upanishad. Which Vidya is considered superior and why?

29. Describe the reinterpretation of sacrifice (yajña) given in Chapter 8.5 of the Chhandogya Upanishad. How does the knower become the true sacrificer?

30. Explain the significance of the teaching "Sarvaṁ khalvidaṁ brahma" (All this is verily Brahman) in Śāṇḍilya Vidyā. How does it change our perception of the world and Self?

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

31. Brief the dialogues between Udalaka and Swetketu with context

32. Explain Sanatkumāra's instruction to Nārada on the spiritual ladder from nāma (name) to bhūma (the Infinite). What does this hierarchy imply for spiritual growth?

33. Briefly explain the story of Yama and Nachiketa and explain the essence of the same.

34. Summarize the four states of consciousness presented in the Mandukya Upanishad, and explain how they correspond to the syllables of AUM.

35. Briefly explain the force of desires and stages of moksha from mundaka Upanishad.

36. What is Brahamsutra? Briefly explain all the chapters.

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Program: BSc (Yoga Therapy)
Subject Name: Shad Darshanas
Sem Period: August, 2025 – December, 2025
Date: 28.11.2025
Examination Mode: Supplementary

Semester: 6th Semester
Subject Code: BSYTT602
Batch: August, 2022
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. What is the meaning of Veda?
2. What is the meaning of word "Rig" in Rigveda?
3. Name any three Dravyas (substances) listed in the Vaisheshika system
4. What is Chitta as per Yoga philosophy?
5. What is meant by Abhāva in Vaisheshika Darshana?
6. What is the first of the Four Noble Truths in Buddhism?
7. Who is the author of the Mīmāṁsā Sūtras?
8. Which portion of the Vedas does Pūrva Mīmāṁsā primarily focus on?
9. Which quality distinguishes Viśeṣa from Sāmānya?
10. Name the first evolute of Prakriti in Sankhya Darshana

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

11. According to Buddhism, what is the root cause of suffering?
12. What is meant by Chitta Vikṣepa?
13. What is the definition of Pratyakṣa according to Gautama's Nyaya Sutra?
14. What are the two types of Śabda (verbal testimony) in Nyaya philosophy?
15. What is Duhkha-duhkhatta in Buddhist philosophy?
16. Name any one Chitta Bhumi.
17. How many chapters are there in Prasthanatrain?
18. What does the term Upamāna mean in Nyaya Darshana?
19. Who is called Bodhisattva?
20. What is the ultimate goal of Sankhya philosophy?
21. How many Sutra are there in Prasthanatrain?
22. Name the five parts of Nyaya syllogism (Pañcāvayava-vākya).

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

23. Give a short brief about Vedanata Philosophy.

24. Explain the concept of Chitta Vritti in Yoga Darshana. Mention the five types of Vrittis and their role in mental activity

25. Explain the five types of Karma as described in the Vaisheshika system. Give suitable examples

26. Differentiate between Guṇa and Karma in terms of their nature, role, and relationship with Dravya. Use illustrations.

27. Describe the process and components of Upamāna Pramāṇa. How does analogy lead to valid knowledge in Nyaya? Use suitable examples.

28. Describe the Doctrine of Pratitya-samutpada (Dependent Origination) with its key 12 links. Mention any five links in sequential order and explain their interconnection briefly

29. Discuss the concept of Dharma in Pūrva Mīmāṁsā. How is it related to the authority of the Vedas?

30. Illustrate the concepts of Apūrva and Svarga in Purva Mimamsa

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

31. Explain Ancient Knowledge Structure of India in detail.

32. Discuss Chitta Vikṣepa and its causes. How do distractions hinder progress in Yoga, and what solutions (Chitta Prasadana) are suggested?

33. Differentiate between Vaidika and Avaidika Darshanas with examples and define the key criteria that make a system 'Avaidika.

34. Discuss the concept of Padārthas in Vaisheshika philosophy. Explain each of the seven categories—Dravya, Guṇa, Karma, Sāmānya, Viśeṣa, Samavāya, and Abhāva—with definitions and examples

35. Explain Prasthanatrai in detail.

36. Critically evaluate the role and significance of Karma Kāṇḍa in Mīmāṁsā Darśana. Briefly explain the types of Karma according to Mimamsa.