

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/Yoga & Vedic Therapy)
Subject Name: Basis of Yoga
Sem Period: February, 2022 – July, 2022
Date: 25.06.2022
Examination Mode: Back Paper

Semester: 1st Semester
Subject Code: BSYTT 102/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 Brahmanas?

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: Feb, 2022 – July, 2022
Date: 27.06.2022
Examination Mode: Back Paper

Semester: 1st Semester
Subject Code: BSYTT 103
Batch: September, 2021
Time: 09.30 am to 12.30 pm
Total Marks: 100

General Instructions:

1. Do not write anything on the question paper
2. Read all the questions carefully and then start writing
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Reg No:

Fill in the Blanks (Attempt All)

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 any Ten) – 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. Write the meaning of the sloka:

योगस्थः कुरु कर्माणि सङ्गं त्यक्त्वा धनञ्जय ।

सिद्ध्यसिद्ध्योः समो भूत्वा समत्वं योग उच्यते । ।

Short Essay: (Attempt any Six) – 5 Marks for each Question 6* 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: Shraavan, 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: (Attempt any Four) – 10 Marks for each Question 4* 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 Therapy/Yoga & Vedic Therapy)
Subject Name: Human Anatomy & Physiology
Sem Period: February, 2022 – July, 2022
Date: 28.06.2022
Examination Mode: Back Paper

Semester: 1st Semester
Subject Code: BSYTT 104/BSYVTT 104
Batch: September, 2021
Time: 09.30 am to 12.30 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. connects muscle to muscle
2. gland secretes insulin
3. is the name for fore arm bones
4. is involved in execution of memory
5. In purification of urine takes place
6. is important center at occipital lobe
7. Endocrine glands secrete mostly
8. is responsible for intelligence
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



Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
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Program: BSc (Yoga & Vedic Therapy)
Subject Name: Samskritam
Sem Period: February, 2022 – July, 2022
Date: 27.06.2022
Examination Mode: Back Paper

Semester: 1st 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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Reg No:

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

1. What are जिह्वामूलीय and उपध्मानीय
2. Write the plural forms for these words – वृक्षः । कूपी । फलम्
3. Right side of the temple – translate into samskritam
4. Write two lines about yoga in samskritam. What are मृदु And कर्कश व्यंजनानि
5. Choose any verb and frame the verb formation.
6. Give the two examples of each gender.
7. Enlist 10 verbs.
8. Write the shloka related with 18 puranas.
9. दुर्जनः परिहर्तव्यो.....Complete the subhashita
10. Give a short introduction about yourself in samskrita.
11. Translate this sentence – सीता वनं गच्छति ।

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

12. Write the time for the following in samskritam – 9:00, 9:05, 9:10, 9:15, 9:20, 9:25, 9:30, 09:35, 9:40, 9:45, 9:50, 9:55
13. What are kanthya, talavya, moordhanya, dantya and oshtya.
14. What are अयोगवाः explain in detail.
15. Use the following and make sentences in sanskrit – रामः । वनं । उद्यानम् । पुस्तकं ।
मंदिरं
16. What are अल्पप्राण व्यंजनानि । महाप्राण व्यंजनानि
17. Write दकारान्तः पुल्लिङ्गः तद् शब्दः

18. Write down the numbers from 1-20
19. Write down the names of any 20 material things.
20. Write all the vowels and consonants. Take any consonant and join it with all the vowels.
21. 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

22. Write any three subhashitas with word to word meaning and the gist in your own words.
23. Write 10 lines about yoga in Samskritam in your own words.
24. Write the story of Panini. Write the maheshwara sutras and explain the relationship between अच् हल् and maheshwara sutras.
25. Write the shabdaroopas for all the following nouns
अकारान्तः पुल्लिङ्गः रमेशः शब्दः
आकारान्तः स्त्रीलिङ्गः लता शब्दः
उकारान्तः नपुंसक लिङ्गः मधु शब्दः
26. Frame the 9 verb formations of following. चित्रति । पश्यति । नयति । पाठयति ।

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A Deemed to be University established under Section 3 of the UGC Act, 1956

Program: BSc (Yoga & Vedic Therapy)
Subject Name: English
Sem Period: February, 2022 – July, 2022
Date: 24.06.2022
Examination Mode: Back Paper

Semester: 1st Semester
Subject Code: BSYTT101
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
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Reg No:

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

10 *01 =10 Marks

1. I saw a film yesterday. Identify the tense of the sentence.
2. The monkey jumped onto the girl. Identify the voice used in the sentence.
3. I am reading a book. Identify the auxiliary verb in the sentence.
4. He said, "I am writing". Identify the speech used in the sentence.
5. I wore a gold ring. Identify the material noun in the sentence.
6. He does win the price, _____. Fill in the blank with a proper question tag.
7. You _____ not invited to come. Fill in the blank with an appropriate verb.
8. I did not eat any orange. Identify the adjective in the sentence.
9. He ran slowly. Identify the adverb in the sentence.
10. The book is under the table. Identify the preposition in the sentence.

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

10 *02 =20 Marks

11. Explain the two skills in decoding.
12. Explain decoding as a component of reading.
13. Explain comprehension as a component of reading.
14. Explain retention as a component of reading.
15. I lived in Mexico for two years. Change the sentence to past perfect tense.
16. Krishna will give a book report to the class. Change the sentence to passive voice.
17. She said, "I am drawing". Change the sentence into indirect speech.
18. The monument is being visited by hundreds of tourists every year. Change the sentence to active voice.
19. exploded /a powerful /the station /device /outside. Rearrange the sentence in correct order
20. He said that he had done that work the previous night. Change the sentence to direct speech.
21. You haven't seen that film, _____. Fill in the blank with an appropriate question tag.
22. children /the /were /the animals /fascinated by. Rearrange the sentence in correct order.

23. Write a paragraph describing your fantasy in about 50 words.
24. You bought a refrigerator two months ago from Mohan Sales, Ashok Vihar, Bangalore. It has developed certain problems regarding its functioning. Cooling has stopped and it is making a lot of noise. Write a letter of complaint to the Manager asking him for immediate repair/replacement of the same. You are Sachin/Shashi, 61 Pratap Enclave, Bangalore.
25. Read the passage and answer the questions that follow :

The word euthanasia is of Greek origin and literally means "a good death." The American Heritage Dictionary defines it as "the act of killing a person painlessly for reasons of mercy." Such killing can be done through active means, such as administering a lethal injection, or by passive means, such as withholding medical care or food and water. In recent years in the United States, there have been numerous cases of active euthanasia in the news. They usually involve the deliberate killing of ill or incapacitated persons by relatives or friends who plead that they can no longer bear to see their loved ones suffer. Although such killings are a crime, the perpetrators are often dealt with leniently by our legal system, and the media usually portrays them as compassionate heroes who take personal risks to save another from unbearable suffering. The seeming acceptance of active forms of euthanasia is alarming, but we face a bigger, more insidious threat from passive forms of euthanasia. Every year, in hospitals and nursing homes around the country, there are growing numbers of documented deaths caused by caregivers withholding lifesustaining care, including food and water, from vulnerable patients who cannot speak for themselves. While it is illegal to kill someone directly, for example with a gun or knife, in many cases the law has put its stamp of approval on causing death by omitting needed care. Further, many states have "living will" laws designed to protect those who withhold treatment, and there have been numerous court rulings which have approved of patients being denied care and even starved and dehydrated to death. Because such deaths occur quietly within the confines of hospitals and nursing homes, they can be kept hidden from the public. Most euthanasia victims are old or very ill, so their deaths might be attributed to a cause other than the denial of care that really killed them. Further, it is often relatives of the patient who request that care be withheld. In one court case, the court held that decisions to withhold lifesustaining care may be made not only by close family members but also by a number of third parties, and that such decisions need not be reviewed by the judicial system if there is no disagreement between decision makers and medical staff. The court went so far as to rule that a nursing home may not refuse to participate in the fatal withdrawal of food and water from an

incompetent patient! "Extraordinary" or "heroic" treatment need not be used when the chance for recovery is poor and medical intervention would serve only to prolong the dying process. But to deny customary and reasonable care or to deliberately starve or dehydrate someone because he or she is very old or very ill should not be permitted. Most of the cases coming before the courts do not involve withholding heroic measures from imminently dying people, but rather they seek approval for denying basic care, such as administration of food and water, to people who are not elderly or terminally ill, but who are permanently incapacitated. These people could be expected to live indefinitely, though in an impaired state, if they were given food and water and minimal treatment. No one has the right to judge that another's life is not worth living. The basic right to life should not be abridged because someone decides that someone else's quality of life is too low. If we base the right to life on quality of life standards, there is no logical place to draw the line. To protect vulnerable patients, we must foster more positive attitudes towards people with serious and incapacitating illnesses and conditions. Despite the ravages of their diseases, they are still our fellow human beings and deserve our care and respect. We must also enact positive legislation that will protect vulnerable people from those who consider their lives meaningless or too costly to maintain and who would cause their deaths by withholding life-sustaining care such as food and water.

Questions: -

- 1) The tone of the author can best be described as
A. pleading B. argumentative C. Compassionate D. Emphatic E. empathetic
- 2) In paragraph 3, the author finds starvation and dehydration induced euthanasia is to be "more insidious" because
A. euthanasia is legally considered to be a criminal act
B. the public's attitude toward euthanasia is becoming more positive
C. it often involves those who cannot protest
D. the patient has asked to die with dignity
E. its perpetrators are viewed as kindly caregivers
- 3) As used in paragraph 3, what is the best synonym for insidious?
A. mischievous B. treacherous C. seductive D. apparent E. cumulative
- 4) The author maintains that death by withholding care is
A. largely confined to hospitals
B. largely confined to the terminally ill
C. often requested by family members
D. approved by living wills
E. difficult to prove if prosecuted

5) As used in paragraph 7, which is the best definition of abridged?

- A. trimmed B. curtailed C. lengthened D. extended E. compressed

26. Explain intelligence, home background, motivation and vocabulary as factors affecting acquisition of reading ability.
27. Explain the components of reading.
28. Explain auditory discrimination, motor-ocular discrimination, visual discrimination and language facility as factors affecting acquisition of reading ability.
29. Explain comprehension, literary appreciation, study skills and interest as factors affecting acquisition of reading ability.
30. Write a paragraph in about 50 words describing Bengaluru city.

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

04* 10 =40 Marks

31. Explain the factors affecting acquisition of reading ability in detail.
32. Write an informal letter to your friend Rudra inviting him to spend the summer vacation at your place in Mumbai. You are Sakshi/ Saksham. Do not exceed 120-150 words.
33. You are Sara/Sid. Write an informal letter to your friend congratulating him for his new job offer in about 120-150 words. He just graduated from college.
34. Write a paragraph in about 150 words about a new invention that you would create. Use descriptive phrases to describe your invention and to support the topic.

35. Read the passage given below.

1. Many people believe that science and religion are contrary to each other. But his notation is wrong. As a matter of fact, both are correlated to each other. There is no doubt that the method of science and religion are different.
2. The method of science is observation, experimentation and experience. Science takes it recourse to progressive march towards perfection. The rules of religion are faith, intuition and spoken word of the enlightened. In general, while science is inclined towards reason and rationality, spiritualism is the essence of religion.
3. In earlier times when man appeared on Earth, he was over-awed at the sight of violent and powerful aspects of nature. In certain cases, the usefulness of different natural objects of nature overwhelmed man. Thus began the worship of forces of nature — fire, the sun, the rivers, the rocks, the trees, the snakes etc. The holy scriptures were written by those who had developed harmony between external nature and their inner self. Their objective was to ennoble, elevate and liberate the human spirit and mind. But the priestly class took upon itself the monopoly of scriptural knowledge and interpretation to its own advantage.
4. Thus, the entire human race was in chains. Truth was flouted and progressive, liberal and truthful ideas or ideas expressing doubt and scepticism were suppressed and their holders punished. It was in these trying circumstances the science emerged as a saviour of mankind. But its path was not smooth and safe. The scientists and free thinkers were tortured. This was the fate of Copernicus, Galileo, Bruno and others. But side by side science gained ground.

Based on your understanding of the passage, answer any eight out of ten questions by choosing the correct option.

1. **What is the reasons for man worship the forces of nature?**
 - (a) The holy scriptures advocate the worship of forces of nature.
 - (b) The worship elevates and liberates the human spirit and mind.
 - (c) The worship makes man believe in faith and intuition.
 - (d) Forces of nature teach us spiritualism.
2. **According to the passage science and religion both :**
 - (a) Emerged out of the fear of man
 - (b) Emerged from the desire of man to worship the forces of nature
 - (c) Employed different methods of enquiry
 - (d) work at the cross-purpose of each other
3. **What was the objective of the authors of the holy scriptures?**
 - (a) To teach man the methods of worshipping nature
 - (b) To educate and raise the human spirit and mind
 - (c) To develop harmony between external nature and their inner self
 - (d) None of these
4. **According to the passage, at present juncture there is a need to:**
 - (a) free man from all sorts of bondages
 - (b) judiciously mix the principles of science and true spirit of religion
 - (c) teach people to workship the forces of nature
 - (d) encourage spiritualism as much as possible
5. **Why it is said in the passage that, "science emerged as a saviour of mankind"?**
 - (a) Science takes recourse to progressive march towards perfection
 - (b) Science is inclined towards reason and rationality
 - (c) Man was bound in chains by religious orthodoxy
 - (d) The free thinkers and enlightened men were tortured
6. **Truth was :**
 - (a) Flouted
 - (b) Progressive
 - (c) Both (a) and (b)
 - (d) None of these
7. **Find the synonym of the word 'belief' used in paragraph 2.**
 - (a) Observation
 - (b) Experience
 - (c) Faith
 - (d) Enlightened
8. **Find the synonym of the word 'show up' used in paragraph 3.**
 - (a) Appear
 - (b) Scripture
 - (c) Developed
 - (d) Usefulness
9. **Find the antonym of the word 'non contradictory' used in paragraph 1.**
 - (a) Believe
 - (b) Each
 - (c) Method
 - (d) Contrary
10. **Find the antonym of the word 'retrogression' used in paragraph 4.**
 - (a) Flout
 - (b) Progress
 - (c) Truth
 - (d) Liberal