

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
A Deemed to be University established under Section 3 of the UGC Act, 1956

Program: MSc (Yoga Therapy)
Subject Name: Evidence Based Yoga Therapy - 2
Sem Period: March, 2024 – July, 2024
Date: 26.07.2024
Examination Mode: Back Paper

Semester: 2nd Semester
Subject Code: MSYTT 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:

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

10 *02 =20 Marks

1. Who are the fathers of Stress Physiology?
2. What is Chronic Bronchitis
3. What is Myocardial Infarction
4. What is IBS
5. What happens in Gout.
6. What is PMS
7. What happens in Hyperthyroidism
8. What is the meaning of the word Autoimmunity?
9. What is Neurosis.
10. What is OCD.
11. What is PCOS?
12. What is Arthritis?

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

08 *05 =40 Marks

13. What are the stages of a Psychosomatic ailments?
14. Explain Stress incontinence
15. Explain Muscular dystrophy
16. Explain Ischaemic heart disease
17. Explain the symptoms of Hypothyroidism.
18. What are the differences between Neurosis and Psychosis?
19. Depression
20. Anxiety
21. What happens in HIV/ AIDS?
22. What are the components of COPD?

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

04* 10 =40 Marks

23. Explain Metabolic syndrome and it's Yogic management
24. Explain Tuberculosis and it's Yogic management
25. Explain the pathology and Yogic management of Ulcerative colitis
26. Explain Rheumatoid Arthritis and it's Yogic management
27. Explain the pathophysiology and yogic management of Dysmenorrhoea
26. Explain Parkinsons and it's yogic management

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Program: MSc (Yoga Therapy)
Subject Name: Hatha Yoga Pradipika
Sem Period: March, 2024 – July, 2024
Date: 26.07.2024
Examination Mode: Back Paper

Semester: 2nd Semester
Subject Code: MSYTT 201
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
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Reg No:

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

10 *02 =20 Marks

1. Explain the limbs of HYP?
2. How many Sadhaka tattvas (causes of success) are mentioned in HYP what are those?
3. Explain Mitahara
4. Benefits of Pashchimatanāsana
5. Write the Shloka which explains the relationship between Prana (Vata) and Mind (Chitta).
6. How many bandhas are explained in HYP and what are those?
7. Explain Plavini Kumbhaka from HYP?
8. Which sounds are heard at Arambha and Parichaya state of Nadanusandhana?
9. Any four synonyms of Samadhi.
10. Explain the Characteristics of Hermitage according to HYP.
11. Benefits of Neti Kriya according to HYP?
12. What is the goal of Hatha Yoga?

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

08 *05 =40 Marks

13. Explain the concept of Matha, Rules & Regulations to be followed by the Hatha Yoga Practitioner
14. Write a short note on Mayurasana & Simhasana from HYP?
15. Explain Vajroli Mudra
16. Explain concept of Samadhi as mentioned in HYP
17. Explain about Padmasana.
18. Explain the process of NadiShodhana.
19. Explain 3 bandhas in detail from HYP?
20. Explain Shambhavi Mudra
21. Write a short note on any two Kumbhakas from HYP?
22. Write a short note on khechari mudra from HYP?

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

04* 10 =40 Marks

23. What is the relevance of hatha yoga in contemporary times?
24. Explain in detail about 4 best asanas according to Hatha Yoga Pradipika
25. Explain Naadanusandhana as described in HYP
26. Write the gist of HYP and explain its importance in modern scenario
27. Explain the Origin of Hatha Yoga, Hatha Yogic Literature, Hatha Yogic Practices as explained in HYP
28. Explain in detail about Shodhana kriyas from HYP

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Program: MSc (Yoga Therapy/Yoga & Vedic Therapy)
Subject Name: Patanjali Yoga Sutras
Sem Period: March, 2024 – July, 2024
Date: 24.07.2024
Examination Mode: Back Paper

Semester: 2nd Semester
Subject Code: MSYTT 205/ MSYVTT 202
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
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Reg No:

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

10 *02 =20 Marks

1. Define Viparyaya
2. What are the 5 Bahirangas?
3. What is pratipaksha bhavana?
4. What is Hanopaya
5. What are the benefits of practice of Pranayama?
6. What is Rtambhara Prajna
7. Name the two types of Vairagyas
8. What is Nirbija Samadhi?
9. Define Avidya
10. What is Vishayavati Pravritti?
11. What is Karma-vipaka?
12. Which the denoting the term of Ishvara – quote the Sutra

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

08 *05 =40 Marks

13. Explain the 9 Antarayas/obstacles in the path of Yoga
14. Explain the Sutra - वीतरागविषयं वा चित्तम्
15. Explain the 4 levels of Sabija Samadhi
16. Discuss Pratyahara and its outcome
17. Explain the four states of Kleshas
18. Discuss any three Yogic Powers of knowledge
19. Explain the types of karmas of Yogis and Non-yogis
20. Explain the Sutra - हेयं दुःखमनागतम्
21. Explain the Yamas and Niyams briefly
22. Explain Ekatattva abhyasa

23. Elaborately discuss the Siddhis presented in Yogasutras
24. Explain Ashtanga yoga
25. Discuss about Ishvara and explain the concept of Ishvarapranidhana.
26. Describe the chapters of Yogasutras and elaborate about their content briefly
27. Explain Sampattis and their divisions
28. Explain the Chatur-vyuha system of Yogasutras



Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
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Program: MSc (Yoga Therapy)
Subject Name: Pathophysiology
Sem Period: March, 2024 – July, 2024
Date: 22.07.2024
Examination Mode: Back Paper

Semester: 2nd Semester
Subject Code: MSYTT 202
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
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Reg No:

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

10 *02 =20 Marks

1. Define pathophysiology
2. Define arrhythmia
3. Define Emphysema
4. Explain the structure of normal airway
5. Name the defensive mechanism in the stomach
6. Composition of the cartilage
7. Functions of thyroid hormones.
8. What is stroke?
9. Causes of primary amenorrhea
10. Irreversible cell injury
11. Define Migraine
12. Oligospermia

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

08 *05 =40 Marks

13. Explain any 5 acquired causes of cell injury
14. Explain the role of autonomic nervous system in causation of Hypertension.
15. What are the changes seen in the bronchus due to Bronchial Asthma?
16. Explain the Pathophysiology of Diarrhoea
17. Explain regulation of acid production in the stomach
18. Explain the pathophysiology of ankylosing spondylitis
19. Explain the role of immune system in cancer pathology
20. Explain the pathophysiology of multiple sclerosis.
21. Explain the causes of female infertility
22. Explain metaplasia in detail

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

04* 10 =40 Marks

23. Explain the pathophysiology of Rheumatoid arthritis?
24. Explain the Pathophysiology of Irritable bowel syndrome in detail.
25. Explain the pathophysiology of Obesity?
26. Write in detail about the pathophysiology of PCOS.
27. Explain the pathophysiology of Anxiety.
28. Explain the pathophysiology of COPD in detail.

