

BSc YVT

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: Contributions of Ancient and Contemporary Yoga Masters
Sem Period: March, 2024 – July, 2024
Date: 15.07.2024
Examination Mode: Regular

Semester: 2nd Semester

Subject Code: BSYVTTE1 203
Batch: August, 2023
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. Vedas - Yogic Literature
2. What is the significance of the ten incarnations of reality in yogic philosophy?
3. Identify a well-known yogi mentioned in the Puranas
4. Who is the sage known for writing the Yoga Sutras?
5. Who is the philosopher and theologian known for the Advaita Vedanta school of Hindu philosophy?
6. Who is known for integral yoga and spiritual synthesis, blending Eastern spirituality with Western thought?
7. Who was the spiritual mentor of Swami Vivekananda?
8. Relation Between Lifestyle and Yogic Vision.
9. Who is traditionally credited with compiling the Mahabharata and the Vedas?
10. Name two yoga masters from the Ramayana and Mahabharata.

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

10 *02 =20 Marks

11. Explain the importance of equanimity (samatva)
12. Major Upanishads
13. How does a yogic lifestyle impact daily activities and overall well-being?
14. What were the major differences between the teachings of Buddha and Mahaveera?
15. How many chapters are there in Patanjali's Yoga Sutras and what are their names?
16. Explain Sri Aurobindo's concept of Integral Yoga
17. How did Ramana Maharshi emphasize the practice of self-inquiry (Atma Vichara) as a means to spiritual realization?
18. Sage Marandeya
19. What role does the Rigveda play in yogic literature?
20. What is the significance of the Eightfold Path in Buddhism?
21. What is the significance of Raja Yoga in Swami Vivekananda's teachings?
22. Shatdarshanas

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

23. Describe the concepts of Dwaita, Advaita, and Vishishtadvaita within the frame work of Astika Philosophy.
24. Discuss the contributions of Sage Ashtavakra to Yoga and spirituality
25. Describe the key principles of Madhvacharya's Dvaita Vedanta
26. Explain the key principles of Ramanuja's Vishishtadvaita Vedanta.
27. Discuss the teachings of Swami Sivananda regarding the synthesis of Yoga as a comprehensive spiritual path.
28. Discuss the ethical and moral teachings of Sri Rama.
29. Provide five definitions of Yoga derived from classical texts.
30. Explain the concepts of Yogic life style and Yogic vision

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

31. Discuss the real purpose of life on earth according to yogic vision. Elaborate on the relationship between a yogic lifestyle and this vision
32. Identify and describe the significant Yoga masters from the Ramayana and Mahabharata. Explain their teachings and contributions to the tradition of Yoga.
33. Describe the structure and content of Patanjali's Yoga Sutras, detailing the significance of its four chapters.
34. Discuss the Buddha's philosophical principles, ethical teachings, and approaches to spiritual liberation.
35. Examine the spiritual relationship among Swami Vivekananda, Sri Ramakrishna Paramahansa, and Ma Sharada (Sarada Devi),
36. Explain Sri Aurobindo's concept of Integral Yoga in detail

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Program: BSc (Yoga & Vedic Therapy)
Subject Name: Cultural History of India
Sem Period: March, 2024 – July, 2024
Date: 17.07.2024
Examination Mode: Regular

Semester: 2nd Semester
Subject Code: BSYVTT 202
Batch: August, 2023
Time: 09.45 am to 12.45 pm
Max. Marks: 100

General Instructions:

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

10 *01 =10 Marks

1. In which age/era were crude weapons made by shredding the sides of a stone?
2. Definition for the term 'Agama'
3. Who was commanded the first East India voyage in which year?
4. The names of the sectors within the economy?
5. Who is referred to as Bharat in historical context?
6. In Rig Vedic Society, what was the primary occupation associated with a nomadic lifestyle?
7. Ancient India education system
8. Where was the Great Bath located within the Indus Valley Civilization?
9. The importance of the word 'Tantra'
10. Indian society

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

10 *02 =20 Marks

11. What is the number of divisions in the Yajur-Veda, and what are the names of those divisions?
12. What are the divisions of the Veda that categorize and separate its subject matter?
13. Cultural Artefacts
14. Pushyabhuti Dynasty
15. Ancient Indian education system
16. Jalianwalabagh massacre in 1919
17. Unemployment
18. Geography of Ancient India
19. What types of carved figurines were discovered in the Indus Valley Civilization?
20. Salt satyagraha 1930
21. Science in Sanskrit
22. The cultural India

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

06 *05 =30 Marks

23. What is the concept or issue referred as the 'Aryan problem'?
24. What are the Tantras, and what are the problems with that Tantras?
25. Describe the Great Revolt of 1857
26. Explain the Indian Economy
27. Describe the Levels in education system
28. Describe the Importance of Ancient Dynasties
29. Describe the 18 Puranas and its essence.
30. Explain the power of Judiciary

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

04* 10 =40 Marks

31. Write a brief note on the prehistoric period in India
32. Elaborate on the Agama texts, detailing their four parts, branches, and associated literature.
33. What is the significance of the Vijayanagara dynasty in the history of South India?
34. What ways has the Sanskrit language influenced the world?
35. Write an explanation of the independence movements in India.
36. Explain the essence of Bharatiyata or Sanatana Dharma, highlighting its foundational principles and cultural significance within Indian civilization.

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
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Program: BSc (Yoga & Vedic Therapy)
Subject Name: Environmental Studies
Sem Period: March, 2024 – July, 2024
Date: 19.07.2024
Examination Mode: Regular

Semester: 2nd Semester
Subject Code: BSYVTT 204
Batch: August, 2023
Time: 09.45 am to 12.45 pm
Max. Marks: 100

General Instructions:

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

10 *01 =10 Marks

1. Definition of Environment?
2. Definition of Natural resources
3. Definition of Bio diversity
4. Strategy Environmental Protection?
5. What are the elements of the Environment?
6. Fundamental duty on environmental Protection
7. DBVIEER (Pune)
8. What is the definition of “in situ” in the context of conservation?
9. Water pollution?
10. Environmental Policy

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

10 *02 =20 Marks

11. Biotic and Abiotic
12. BNHS?
13. Non- renewable resources
14. Levels of Bio diversity
15. Species diversity
16. What are the factors contributing to Environmental Pollution?
17. Department of Science and Technology
18. Eco system diversity
19. What is the definition of an eco-system?
20. Renewable resources
21. Strategy for environmental Protection
22. Air pollution

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

06 *05 =30 Marks

23. How would you describe the scope and importance of the environment?
24. How does deforestation, caused by human activities, affect natural resources?
25. What is the significance of individual efforts in conserving natural resources?
26. Write a brief overview of the different bio geographical zones found in India
27. Write an explanation of genetic biodiversity
28. List the various components that contribute to environmental pollution.
29. What is the role of the National Council for Environmental Policy?
30. Describe Dynamic functions of eco system

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

04* 10 =40 Marks

31. Why is it important to raise public awareness about Environmental studies? Who are the individuals actively engaged in environmental conservation efforts?
32. Explain the characteristics and distinctions between renewable and non-renewable resources?
33. Explain an overview of the methods used for conserving bio diversity, including in situ and ex situ conservation approaches.
34. How does the Indian Constitution address the issue of Environmental protection, incorporating aspects such as fundamental rights, the directive principles of state policy, fundamental duties and Constitutional amendments?
35. What are the potential risks and threats that pose a challenge to biodiversity?
36. In what ways can Environmental Studies be characterized as a multidisciplinary field?

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Program: BSc (Yoga & Vedic Therapy)
Subject Name: Yoga Philosophy
Sem Period: March, 2024 – July, 2024
Date: 10.07.2024
Examination Mode: Regular

Semester: 2nd Semester
Subject Code: BSYVTT 201
Batch: August, 2023
Time: 09.45 am to 12.45 pm
Max. Marks: 100

General Instructions:

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

10 *01 =10 Marks

1. What is the literal meaning of Dharma?
 - a. Duty
 - b. Karma
 - c. Religion
 - d. Virtue
2. The concept of Gunas is discussed in which text?
 - a. Vedas
 - b. Upanishads
 - c. Bhagavadgita
 - d. Nyaya Sutras
3. What are the two divisions of the Vedas?
 - a. Jnana Kanda and Karma Kanda
 - b. Samhitas and Aranyakas
 - c. Brahmanas and Upanishads
 - d. Prasthan Traya and Prakriyas
4. Which philosophical school discusses the theory of Karma?
 - a. Sankhya
 - b. Nyaya
 - c. Vedanta
 - d. Mimamsa
5. What is the main focus of Mimamsa philosophy?
 - a. Rituals
 - b. Logic
 - c. Yoga
 - d. Devotion
6. Who are considered Nastika Darshanas?
 - a. Sankhya and Nyaya
 - b. Charvaka and Jaina
 - c. Mimamsa and Vedanta
 - d. Yoga and Vedanta
7. What is 'Ananda Mimamsa' concerned with?
 - a. Analysis of happiness
 - b. Study of rituals
 - c. Concept of duty
 - d. Theory of karma
8. What is the primary teaching technique in the Upanishads called?
 - a. Prakriya
 - b. Karma
 - c. Dharma
 - d. Guna
9. What is the main quest according to Yoga Philosophy in the Upanishads?
 - a. Wealth
 - b. Power
 - c. Who am I?
 - d. Happiness
10. Which Upanishad is known for the teaching of "Tat Tvam Asi"?
 - a. Chandogya
 - b. Katha
 - c. Mundaka
 - d. Mandukya

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

11. Define "Jnana Kanda" and its significance in the Vedas
12. Briefly describe the theory of Karma
13. What is the Vedanga?.
14. What is Prasthanana Traya?
15. List out the Jnanendria
16. What is Sankhya philosophy
17. Write the properties of Guna.
18. What are the Nastika Darshanas?
19. What is Upaveda?
20. Describe the Panchakosha Viveka.
21. What is Tanmatra.
22. What is the importance of Varna and Ashrama Dharma in Indian philosophy?

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

23. Explain the Prana and Upprana with their functions
24. Short note on sapta dhatu
25. Explain Trai-Vidya according to Veda.
26. How do the principles of Yoga in the Upanishads contribute to understanding consciousness?
27. What are the seven padarthas of Vaisheshika philosophy?
28. Explain in detail the nature of duality
29. What are the Upanishads and their core principles?
30. Discuss the contributions of Narada Bhakti Sutras to the Bhakti movement.

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

31. Compare the concepts of Dharma and Karma in the context of Vedic and Upanishadic literature
32. Discuss about Tanmatra, Jnanendriya, and Mahabhuta.
33. Write in detail about the schools of Vedanta philosophy.
34. Explain the Yoga Philosophy with Chita Bhumi
35. Describe the role of Vedanta in the interpretation of the Vedas and Upanishads.
36. Explain the Karma and its types in details