

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

**Program:** MSc (Yoga & Vedic Therapy)

**Subject Name:** Bhagavad Gita - 1

**Sem Period:** March, 2024 – July, 2024

**Date:** 25.07.2024

**Examination Mode:** Back Paper

**Semester:** 2<sup>nd</sup> Semester

**Subject Code:** MSYVTT 203

**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. What is the other name of Mahabharata? What does the meaning of the word signify?
2. Quote the shloka where an example of changing old cloth is given to explain atma tattvam.
3. What is Moksha?
4. What is Dharma?
5. What are the limitations of the first three human goals?
6. Why this knowledge was given to Arjuna?
7. Why Kama is compared to fire. What is the significance of the word 'analam' in this context?
8. What is Swadhyaya yajna?
9. Why karma yogi is said to be real sannyasi?
10. What are the three factors to be taken care while eating?
11. What is swadharma?
12. Explain the word 'yajnashistasinah'.

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

**08 \*05 =40 Marks**

13. What is Purushartha? What are they?
14. Describe the expressions of sorrow in Arjuna.
15. Explain 2 types of Sannyasa.
16. What are the two lifestyles? What are the 3 possibilities of following these two lifestyles?
17. What is Lokasangraham? What is its significance?
18. What are the the two types of Dhyana? When are they practiced, what are the benefits?
19. Explain "Self is your friend and Self is your enemy.
20. What is the question raised by Arjuna in chapter 3?
21. How spiritual downfall can happen?
22. Explain the example given to describe the state of mind of a meditator

23. What is the importance of Bhagavadgita?
24. Describe the Sthitaprajna lakshanas.
25. Explain 6 principles of karma yoga.
26. What are similarities and differences between Jiva's janma and Ishwara's Avatara?
27. Who is a Yogabhrasta and what happens to him after the fall of the body?
28. What are the various stages of sadhana for attaining Jnana nistha.



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

**Semester:** 2<sup>nd</sup> Semester  
**Subject Code:** MSYVTT 201  
**Batch:** August, 2022  
**Time:** 09.45 am to 12.45 pm  
**Max. Marks:** 100

**General Instructions:**

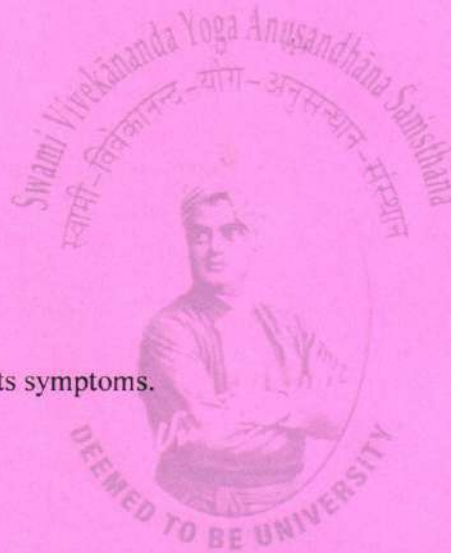
1. Read all the questions carefully and then start writing
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Reg No:

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

**10 \*02 =20 Marks**

1. Define Stress
2. Symptoms of sinusitis
3. Total lung capacity
4. Angina pectoris
5. Variants of corona virus
6. Define diarrhea.
7. IVDP
8. Define lumbar stenosis
9. Define anaemia and mention its symptoms.
10. Sarcoma and glioma
11. What is stroke?
12. Cluster headache



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

**08 \*05 =40 Marks**

13. Write a note about the yogic concept of vyadhi.
14. Explain the role of Jala neti in managing respiratory disorders.
15. Write a note on different types of renal stones and its symptoms.
16. Write about the hypertensive disorders of pregnancy
17. Write a note on post-natal care.
18. Explain the types of obesity in detail.
19. Explain type of epilepsy in detail.
20. Explain anxiety disorders in detail.
21. Explain premenstrual syndrome in detail.
22. Explain the process of chair breathing along with its advantages.

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

**04\* 10 =40 Marks**

23. Explain different types of back pain along with its yogic management.
24. Write in detail about chronic kidney disease.
25. Write in detail about osteoarthritis. Add a note on how yoga helps in osteoarthritis?
26. Explain gestational diabetes mellitus in detail.
27. Explain cerebrovascular disease in detail.
28. Explain Hypertension in detail along with its yogic management and mechanism of action of yoga

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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:** 2<sup>nd</sup> Semester  
**Subject Code:** MSYTT 205/ MSYVTT 202  
**Batch:** August, 2022  
**Time:** 09.45 am to 12.45 pm  
**Max. Marks:** 100

**General Instructions:**

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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. 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

