

**MSc YT**

**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 - 1  
**Sem Period:** March, 2024 – July, 2024  
**Date:** 17.07.2024  
**Examination Mode:** Regular

**Semester:** 2<sup>nd</sup> Semester  
**Subject Code:** MSYTT 202  
**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:

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

**10 \*02 =20 Marks**

1. Write short notes on Practices for Annamaya kosha
2. Write short notes on Triggers of Rhinitis?
3. What is chronic kidney disease?
4. What is the difference between menorrhagia and metrohagia?
5. What is HBA1C?
6. Write short notes on Causes of insomnia?
7. What is Osteo Arthritis?
8. What are the types of Peptic Ulcer?
9. What is allergy
10. What is Diabetes?
11. What is Migraine?
12. Mention types of vyadhi

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

**08 \*05 =40 Marks**

13. What is the concept of disease in Yoga?
14. Write short essay on Effect of kriyas on Asthma
15. Write short essay on Effect of kriyas on Constipation
16. Write short essay on Causes of Amenorrhoea
17. Write short essay on Symptoms of cancer
18. Write short essay on Causes and symptoms of depression
19. Write short essay on Annamaya kosha practices for Anxiety
20. Write short essay on Symptoms of Gastritis
21. Write short essay on Symptoms of Angina
22. Difference between eustress and distress

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

**04\* 10 =40 Marks**

23. Write long notes explaining complications and yogic management of hypertension
24. Write long notes explaining causes and yogic management of Renal Stones
25. Write long notes explaining Relationship between stress and menstrual disorders.
26. Write long notes giving your own Yoga module for Diabetes with obesity
27. Write long notes explaining types and yogic management of Epilepsy.
28. Write long notes explaining Importance of Notional correction.



**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:** 15.07.2024  
**Examination Mode:** Regular

**Semester:** 2<sup>nd</sup> Semester  
**Subject Code:** MSYTT 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:

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

**10 \*02 =20 Marks**

1. What is HPA axis
2. What happens in Emphysema
3. What is IBS?
4. Name an auto immune arthritis?
5. What is PCOS
6. Write short notes on What happens in Hyperthyroidism
7. What is Neurosis?
8. What is OCD?
9. What is the full form of HIV/ AIDS?
10. What is Chronic Bronchitis?
11. What is Arthritis?
12. What is the meaning of the word Autoimmunity?

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

**08 \*05 =40 Marks**

13. What is the definition of stress according to Dr Seyli and Dr Levi?
14. What are the components of COPD?
15. Explain Chronic Bronchitis
16. Explain the types of Irritable bowel syndrome.
17. Explain Stress incontinence.
18. Explain Muscular dystrophy
19. Write a short essay on Premenstrual syndrome
20. Explain the symptoms of Hypothyroidism
21. What are the differences between Neurosis and Psychosis?
22. Write a short essay on Depression?

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

**04\* 10 =40 Marks**

23. Explain Tuberculosis and it's Yogic management
24. Explain the pathology of Crohn's disease
25. Explain Gout, pathophysiology and yogic management.
26. Explain the pathophysiology and yogic management of Dysmenorrhoea
27. Explain Metabolic syndrome and it's Yogic management.
28. Explain Parkinsons and it's yogic management



**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:** Patanjali Yoga Sutras  
**Sem Period:** March, 2024 – July, 2024  
**Date:** 12.07.2024  
**Examination Mode:** Regular

**Semester:** 2<sup>nd</sup> Semester  
**Subject Code:** MSYTT 204  
**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:

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

**10 \*02 =20 Marks**

1. What is Hanopaya
2. Which the denoting the term of Ishvara – quote the Sutra
3. How can dreams and deep sleep be utilized for calming the mind?
4. What is Jyotishmati Pravritti?
5. Define Smriti
6. What are the four types of Samapattis
7. What is Nirbija Samadhi?
8. What are the benefits of practice of Pranayama?
9. What are the 4 states of the Kleshas?
10. What is Pratiprasava?
11. What are the constituent practices of Niyama?.
12. Define Viparyaya

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

**08 \*05 =40 Marks**

13. Discuss the Sutra – मैत्रीकरुणामुदितोपेक्षाणां सुखदुःखपुण्यापुण्यविषयाणां भावनातश्चितप्रसादनम्
14. Explain the Sutra - श्रद्धावीर्यस्मृतिसमाधिप्रज्ञापूर्वक इतरेषाम्.
15. Discuss any three Yogic Powers of knowledge
16. Explain the three bhuta-indriya Pranimas briefly.
17. Write the Vitarkas of the Yamas and niyamas.
18. Explain the Sutra - वृत्तिसारुप्यमितरत्र
19. Does the external world exist independent of the mind – explain the views of Yogasutras
20. Are Yogic powers obstacles? – Explain the view of Sage Patanjali
21. Explain Kriya yoga and its benefits.
22. Explain the four types of Pranayams discussed in Yogasutras

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

**04\* 10 =40 Marks**

23. Explain the first four sutras of Yogasutras and show how the entire philosophy of Yoga is contained in it
24. Explain the Chatur-vyuha system of Yogasutras
25. Discuss the anecdote of Dashamah Tvam asi (you are the tenth) and explain its Yogic significance.
26. Discuss about Ishvara and explain the concept of Ishvarapranidhana
27. Enumerate and explain the 9 Yogantarays and Sahabhus.
28. Discuss how Kaivalya pada Yogasutrs describe about the existence of Purusha beyond the external world and the mind



**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:** Pathophysiology  
**Sem Period:** March, 2024 – July, 2024  
**Date:** 10.07.2024  
**Examination Mode:** Regular

**Semester:** 2<sup>nd</sup> Semester  
**Subject Code:** MSYTT 201  
**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:

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

**10 \*02 =20 Marks**

1. Write a short notes on Apoptosis
2. Write a short notes on Irreversible cell injury
3. Write a short notes on Stroke volume
4. Write a short notes on Automaticity
5. Write a short notes on Dormant Tuberculosis
6. Write a short notes on Osmotic Diarrhea
7. Write a short notes on Osteophyte formation
8. Write a short notes on Functions of thyroid hormones
9. Write a short notes on Definition of seizure
10. Write a short notes on Necrozoospermia
11. Properties of cancerous cells.
12. Write a short notes on define Emphysema

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

**08 \*05 =40 Marks**

13. Write short essay explaining the mechanism of causation of the arrhythmia
14. Write short essay explaining What are the changes seen in the bronchus due to Bronchial Asthma.
15. Write short essay explaining regulation of acid production in the stomach
16. Write short essay explaining the pathophysiology of ankylosing spondylitis.
17. Write short essay explaining the role of immune system in cancer pathology.
18. Write short essay explaining the pathophysiology of multiple sclerosis
19. Write short essay explaining the causes of female infertility
20. Write short essay explaining in detail about H-pylori infection.
21. Write short essay explaining metaplasia in detail
22. Write short essay explaining the difference between osteoarthritis and rheumatoid arthritis.

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

**04\* 10 =40 Marks**

23. Write a long essay explaining in detail about the acquired causes of the cellular injury
24. Write a long essay explaining Pathophysiology of Hypertension in detail.
25. Write a long essay explaining the pathophysiology of COPD in detail.
26. Write a long essay explaining the Pathophysiology of Inflammatory bowel disease
27. Write a long essay explaining Ominous Octate in detail.
28. Write a long essay explaining pathophysiology of menstrual disorders

