

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

Program: MD (Yoga)
Subject Name: Physiological Effect of Yoga
Sem Period: Aug, 2024 – Dec, 2024
Date: 03.12.2024
Examination Mode: Arrear

Semester: 2nd Semester Back
Subject Code: MDYT 206
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. Trataka
2. Physiological benefits of Meditation
3. Hypertension and kapalbhati
4. Physiological Hibernation
5. Role of saline water in kriyas
6. Categories of pranayama
7. Enumerate practices for T2DM
8. Anisara kriya
9. Jalandhar Bandha
10. Sara and Saamanya
11. Ashta kumbhakas
12. Dopamine

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

08 *05 =40 Marks

13. Are cooling pranayamas known to quench hunger and thirst? If yes, explain how
14. Describe in brief effect of breathing exercises on pulmonary functions
15. What is the difference between Meditation and sleep? How do you think yoga helps in clearing toxins from the brain?
16. Explain the mechanism of action of Kunjala kriya and how it affects different systems of the body.
17. Explain the Gut-brain axis and how it is relevant in maintaining health
18. Explain how Vipareetakarani acts on the aging process as per ancient texts.
19. Psychoneuroimmunology
20. Explain how long-term meditators require fewer sleep hours with mechanisms.
21. Elaborate the concept of prana, its types and functions
22. Explain the different types of Dhauti as mentioned in ancient texts

23. Explain about HRV. Explain with evidence the effect of yoga on HRV. List out specific yoga practices in managing Hypertension with rationale.
24. What is Meditation? Can meditation techniques improve cognition? If yes explain with mechanism and scientific evidence
25. Does yoga practice improve immunity? If yes, then justify with scientific evidence. Explain how yoga works in autoimmune diseases.
26. Bronchial Asthma. Its types and pathophysiology. Justify the yoga practices with relevant scientific evidence
27. Mention the types of back pain and mention their causes. List out specific yoga practices for back pain with mechanisms and give relevant evidence?
28. Explain in detail how yoga practices work in managing metabolic disorders with evidence?



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Program: MD (Yoga)
Subject Name: Srimad Bhagavad Gita
Sem Period: Aug, 2024 – Dec, 2024
Date: 02.12.2024
Examination Mode: Arrear

Semester: 2nd Semester Back
Subject Code: MDYT 203
Batch: August, 2023
Time: 09.45 am to 12.45 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 the bases of the enemies of life?
2. What is the thought arising in the mind of Arjuna after seeing the opposition camp?
3. What is the basis of Chatur-varnyam, as explained by the lord?
4. What should be the purpose of any action as per lord?
5. What is brahman and Adhyatma?
6. What are the 'Aasuri sampat' or demonic qualities mentioned by the lord?
7. What is lord Krishna asking Arjuna do with the advices that he had given?
8. How do the people of demonic nature acts?
9. What is Karma and Adhiyajna?
10. What are the difficulties listed by Arjuna in practicing meditation?
11. In the middle of the battle field whom all are seen at the opposition by Arjuna
12. What kind of food does a Rajasika person prefers?

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

08 *05 =40 Marks

13. In what context did '*analogy of cloth*' is used by Bhagavan and what should we understand from that?
14. Who is a mithyachari (hypocrite) and who is a karma yogi?
15. How should one do self-upliftment according to Bhagavan. Briefly describe
16. What is the method of worship and attitude of a devotee, as explained by the lord?
17. What is Kshetrajna? explain in detail.
18. What is the conclusion of Sanjaya after hearing the long conversation between lord Krishna and Arjuna?
19. What is Sannyasa and what is Tyaga (Karma yoga)?
20. What is Adhibhūtam, Adhidaiva, and Adhyatma according to lord Krishna
21. What is the context of Bhagavad Gita?
22. What is the concept of Svadharma?

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

04* 10 =40 Marks

23. Explain in details the counselling given by lord Krishna to Arjuna, when he was reluctant to engage in the battle
24. According to lord Krishna how does one attains permanent happiness in life? Explain in detail
25. What is the definition of yoga as given in the 6th chapter? What are the ways of practicing such yoga and what are the results of such practice as listed by lord Krishna?
26. Explain the para and apara-prakruti aspects of Bhagavan as explained in the 7th chapter
27. How are the tri-gunās binding the atman to this world as explained in the 14th chapter?
28. What are the duties of the four Varnas as described in Bhagavat Gita. Explain in detail?

