

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

Program: BSc (Yoga Therapy)

Subject Name: Human system according to yoga

Sem Period: February, 2022 – July, 2022

Date: 24.06.2022

Examination Mode: Back Paper

Semester: 4th Semester

Subject Code: BSYTTE2 401

Batch: August, 2019

Time: 09.30 am to 12.30 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. There are ___ gunas in every man.
2. ___ is the founder of Samkhya philosophy.
3. ___ guna makes a man devine and noble.
4. ___ is the first evolute of Buddhi.
5. ___ elements represent the solid state of matter.
6. ___ and Samkhya are said to be sister philosophy.
7. Which holds or supports of the body is ____.
8. ___ denotes that the effect is a real transformation of the cause.
9. Digestion is the function of ___ prana.
10. ___ Chakra is the seat of kundalini.

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

10 *02 =20 Marks

11. What are the Sadhana chatustaya?
12. What is causal body?
13. Name the Five elements.
14. Write about Swadhistana Chaklra.
15. What is Nadi?
16. Introduction on Panchakosha.
17. What are the function of Anahata chakra?
18. What is Kundalini?
19. What is Mandala?

20. Write the nature of Prakriti.
21. Write about Vyana prana.
22. Write down the importance of swara yoga.

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

06 *05 =30 Marks

23. Creation and concept of Mandala.
24. Details on Manipura chakra.
25. Concept of Upaprana.
26. Details on eight folds of buddhi.
27. Distinguish among three important Nadis.
28. Characteristics of Purusha and Prakriti.
29. Details on Annamaya kosha.
30. Details on Tanmatra.

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

04* 10 =40 Marks

31. Details on Five layers of human existence.
32. Details on Sapta dhatus and panchamahabhutas.
33. Write down the process evolution according to Samkhya.
34. Write down the details on Chakras.
35. Write down the practices, which enhance the Anandamaya kosha and justify.