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: Environmental Studies
Sem Period: August, 2025 – December, 2025
Date: 27.11.2025
Examination Mode: Supplementary

Semester: 4th Semester
Subject Code: BSYTT 404
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. Which gas is primarily responsible for global warming?
   - **a.** Oxygen
   - **b.** Carbon dioxide
   - **c.** Nitrogen
   - **d.** Helium

2. What is the process by which plants make their own food?
   - **a.** Respiration
   - **b.** Photosynthesis
   - **c.** Digestion
   - **d.** Fermentation

3. Which layer of the atmosphere contains the ozone layer?
   - **a.** Troposphere
   - **b.** Stratosphere
   - **c.** Mesosphere
   - **d.** Thermosphere

4. Which of the following is a greenhouse gas?
   - **a.** Oxygen
   - **b.** Methane
   - **c.** Nitrogen
   - **d.** Argon

5. What is the main purpose of recycling?
   - **a.** To increase waste
   - **b.** to conserve resources
   - **c.** to pollute the environment
   - **d.** to destroy habitats

6. What is the term for the natural home of an organism?
   - **a.** Ecosystem
   - **b.** Habitat
   - **c.** Biodiversity
   - **d.** Population

7. What is the main component of the Earth's atmosphere?
   - **a.** Oxygen
   - **b.** Carbon dioxide
   - **c.** Nitrogen
   - **d.** Argon

8. What is the term for the gradual increase in Earth's average temperature?
   - **a.** Climate change
   - **b.** Global warming
   - **c.** ozone depletion
   - **d.** Acid Rain

9. What is the main cause of water scarcity?
   a. Overuse of water resources
   b. Planting Trees
   c. Using solar panels for hot water
   d. Recycling waste

10. What is the term for the contamination of soil by harmful substances?
   a. Water pollution
   b. Soil Pollution
   c. Water conservation
   d. Soil conservation

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

11. What is an ecosystem?
12. What is deforestation?
13. How does ozone depletion affect human health?
14. Write the components of environments & ecosystem
15. Define Demography.
16. Name any three greenhouse gases?
17. What is the type of public participation?
18. What is biomass energy?
19. What are renewable resources? explain with examples
20. What is solid waste management?
21. What is ozone layer deployment and name one major causes it.
22. What are the 2 ways to save endangered species?

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

23. What is food chain, food webs and benefits in the environment's studies and human
24. Describe the structure and functions of an ecosystem with examples.
25. Explain the major causes and impacts of deforestation.
26. Discuss the impact of deforestation on the environment in brief about loss of biodiversity, soil erosion climate change, disturbance of water cycle, extinction of species.
27. Explain the role of the food chain in maintaining balance in an ecosystem.
28. What are the type of environmental pollution? Write their effects briefly.
29. What are the biographic Zones of India?
30. What are SDGs and explain which SDGs are required to India

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

31. Discuss how EVS integrates science, ethics and policy making to address climate changes and ecological issues. Give examples from real world application.
32. Define soil pollution, causes, effect and control measures of soil pollution
33. Give a schematic representation of atmospheric layers
34. Discuss the relationship of EVS to Shastra? Explain how ancient Scriptures support the idea of Environmental protection.
35. Discuss biodiversity in India, its importance, threats and conservation methods.
36. Describe the major environmental problems faced globally today and suggest measures to control them.

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Program: BSc (Yoga Therapy)
Subject Name: Introduction to Yoga Vasishta
Sem Period: August, 2025 – December, 2025
Date: 24.11.2025
Examination Mode: Supplementary

Semester: 4th Semester
Subject Code: BSYTT 401
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. Mumukshu means.....
   a. Desirous of attaining salvation
   b. Knowledge of Mokha
   c. Atma Jnana
   d. Knowledge of death

2. Yoga Vashistha consists of ..... Verses
   a. 32,000
   b. 64,000
   c. 12,000
   d. 6,000

3. "Prajnanam Brahma" is from.....Upanishad
   a. Katha
   b. Aitareya
   c. Taittiriya
   d. Mandukya.

4. Sage Agastya explains the two wings of birds as .....and .....
   a. Karma and Wisdom
   b. Prakriti and Purusha
   c. Atma and Paramatma
   d. Jiva and Jagat

5. 'Gaadhi' was a great devotee of.....
   a. Lord Vishnu
   b. Maa Saraswathi
   c. Paramatma
   d. All the above

6. What is that manifests itself as the external world in the shape of pains or pleasures.
   a. Ahankara
   b. Asmita
   c. Avidya
   d. Mind (Chitta)

7. The three Asuras, Dama, Vyala and Kata are created by_____
   a. Shambara
   b. Baana
   c. Naraka
   d. Hiranyaksha

8. The father of Shukracharya
   a. Varuna
   b. Bhrigu maharshi
   c. Atri maharshi
   d. Vasishta maharshi

9. The relativity of time and space is narrated through story of
   a. Karkati
   b. Leela
   c. Chudala
   d. Sons of Indu

10. Diseases of the body (shariraka) are part of _____ dukha.
    a. Aadi-bhautika
    b. Aadi-daivika
    c. Aadhyaatmika
    d. All of the above

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

11. Enlist the 4-layers of each Veda
12. Enlist the stories discussed in Upashama prakarana
13. Enlist 5-pranas
14. Enlist qualities of a student for the study of Yoga Vashistha
15. What does the story Sukra venus/ Shukracharya illustrate?
16. Enlist the stories discussed in Utpatti prakarana
17. Enlist two boons given by Maa Saraswathi to Leela
18. Enlist the topics discussed in Sthiti prakarana
19. What questions Shukadeva asked to King Janaka?
20. Previous birth-names of Leela and King
21. Explain the purpose of origin of the Rishi Vashistha.
22. Enlist Tanmatras.

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

23. Describe Sri Rama and his dispassion over the worldly existence.
24. Describe in detail, about the four gates of Mokṣha
25. Explain the story of "Indra" and how it is related to the concept of Utpatti-Prakaraṇa
26. Write a Short essay on the Story of "Daama, Vyaala and Kata".
27. Write a short essay on the Story of "Prahlada", in relation to Upashama Prakarana
28. Write a Short essay on the Story of "Bhageeratha", according to Nirwarana Prakarana
29. The birth of Maharshi Vashistha.
30. Write a Short essay on the Story of "Ikshawaku", according to Nirwarana Prakarana

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

31. The story of Shukra venus from Stithi Prakarana
32. Write a Long-essay, Introducing the Vairagya-Prakaraṇa
33. Elaborate on Sapta-bhoomikas, as described in Yoga Vasishta
34. Write a Short essay on the Story of "Gadhi", in relation to Upashama Prakarana
35. The concept of Diseases explained in Yoga Vashistha
36. Write a Long-essay, Introducing the Mumukṣa-Prakaraṇa

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Program: BSc (Yoga Therapy) **Semester:** 4th Semester
Subject Name: Yoga Therapy for Common Ailments (Part -2) **Subject Code:** BSYTT 401
Sem Period: August, 2025 – December, 2025 **Batch:** August, 2022
Date: 29.11.2025 **Time:** 09.45 am to 12.45 pm
Examination Mode: Supplementary **Max. Marks:** 100

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Objective Types (Attempt All) – 1 Mark for each Question **10 *01 =10 Marks**

1. Define phobia?
2. Name two major types of stress
3. Define Eustress
4. Name two practices of Manomaya kosha
5. Define IAYT.
6. Name two types of Obesity.
7. Write the formula for BMI.
8. Name two types of Arthritis
9. Define lumbago.
10. Name two types of Amenorrhea.

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

11. Explain feeding center and satiety center in the brain?
12. What is the function of leptin and ghrelin?
13. What is Agoraphobia?
14. Name any five phobias.
15. What is Autoimmunity?
16. Explain the types of Vyadhi with a schematic diagram
17. Name 5 practices for Arthritis.
18. Name 5 practices for low back pain
19. Name 5 classical symptoms of depression
20. Define dysmenorrhea.
21. Define health according to W.H.O
22. What is obsessive compulsive disorder?

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

23. Explain Depression. Write its IAYT management.

24. What is the role of stress and lifestyle as a risk factor for cancer? Give an elaborate understanding.

25. Explain the Panchakosha operation

26. What is the difference between anxiety and depression? Write their classical signs and symptoms.

27. What is Epilepsy? Explain its IAYT management.

28. Explain the different types of menstrual disorders. Write its IAYT management.

29. What are the different causes of low back pain? Explain its IAYT management.

30. Explain the two major types of Arthritis

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

31. Explain in detail about obesity and its IAYT management.

32. What is the role of stress in psychosomatic disorders?

33. What are the two major types of Arthritis? Explain its IAYT management in detail.

34. What is anxiety? What is the role of yoga therapy in different types of anxiety disorders?

35. Explain psychosis and neurosis. Explain the disorders under psychosis and neurosis in detail.

36. Explain infertility. Write the role of yoga therapy in its management.