

**BSc YT**

**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:** Cultural History of India  
**Sem Period:** March, 2024 – July, 2024  
**Date:** 17.07.2024  
**Examination Mode:** Regular

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

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

1. In which age/era were crude weapons made by shredding the sides of a stone?
2. Definition for the term 'Agama'
3. Who was commanded the first East India voyage in which year?
4. The names of the sectors within the economy?
5. Who is referred to as Bharat in historical context?
6. In Rig Vedic Society, what was the primary occupation associated with a nomadic lifestyle?
7. Ancient India education system
8. Where was the Great Bath located within the Indus Valley Civilization?
9. The importance of the word 'Tantra'
10. Indian society

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

11. What is the number of divisions in the Yajur-Veda, and what are the names of those divisions?
12. What are the divisions of the Veda that categorize and separate its subject matter?
13. Cultural Artefacts
14. Pushyabhuti Dynasty
15. Ancient Indian education system
16. Jalianwalabagh massacre in 1919
17. Unemployment
18. Geography of Ancient India
19. What types of carved figurines were discovered in the Indus Valley Civilization?
20. Salt satyagraha 1930
21. Science in Sanskrit
22. The cultural India

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

**06 \*05 =30 Marks**

23. What is the concept or issue referred as the 'Aryan problem'?
24. What are the Tantras, and what are the problems with that Tantras?
25. Describe the Great Revolt of 1857
26. Explain the Indian Economy
27. Describe the Levels in education system
28. Describe the Importance of Ancient Dynasties
29. Describe the 18 Puranas and its essence.
30. Explain the power of Judiciary

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

**04\* 10 =40 Marks**

31. Write a brief note on the prehistoric period in India
32. Elaborate on the Agama texts, detailing their four parts, branches, and associated literature.
33. What is the significance of the Vijayanagara dynasty in the history of South India?
34. What ways has the Sanskrit language influenced the world?
35. Write an explanation of the independence movements in India
36. Explain the essence of Bharatiyata or Sanatana Dharma, highlighting its foundational principles and cultural significance within Indian civilization

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

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

**Objective Types (Attempt All) – 1 Mark for each Question**

**10 \*01 =10 Marks**

1. \_\_\_ is the oldest system of Indian philosophy.
2. Dharma, Artha, Kama and \_\_\_ are known as purusartha.
3. \_\_\_ is Pure consciousness.
4. \_\_\_ Upanishad gives more details on Prana
5. Excretion is the function of \_\_\_ prana
6. \_\_\_ is the root cause of Kleshas
7. \_\_\_ Chakra is the seat of kundalini
8. In mandala, what is the meaning of "la"
9. \_\_\_ is the synonyms of Ida nadi
10. \_\_\_ is the root word of Nadi

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

**10 \*02 =20 Marks**

11. Relation between Samkhya and Yoga
12. Write the nature of Prakriti
13. What is Sadhana chetustaya?
14. What is Purushartha?
15. Write about Swadhistana Chakra
16. What are the function of Manipura chakra?
17. Introduction on Sushumnanadi
18. Write down the importance of swara yoga
19. Characteristics of Ida
20. What is Mandala?
21. What are the nature of self?
22. Name the tanmatras

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

**06 \*05 =30 Marks**

23. Characteristics of Gunas
24. Correlation among Bhutas, Tanmatras, Karmendriyas & Jnanendriyas.
25. Explain Klesha in the path of yoga as per patanjali maharshi
26. Details on Panchaprana
27. Creation and concept of Mandalal
28. Role of Pranayama in swara yoga
29. Write down the importance of Swarodaya in health & disease
30. Distinguish among three important Nadis

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

**04\* 10 =40 Marks**

31. Concept of Karma Yoga in the context of Bhagavadgita with Shlokas.
32. Write down the practices, which enhance the Vijnanamaya kosha and justify
33. Details on Mooladhara, Swadhistana & Manipura Chakra
34. Healing through Swara yoga with example
35. Write down the details on Pranamaya kosha components
36. Details on Pancha mahabhutas.

**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:** Life & Message of Yoga Masters  
**Sem Period:** March, 2024 – July, 2024  
**Date:** 15.07.2024  
**Examination Mode:** Regular

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

**Objective Types (Attempt All) – 1 Mark for each Question**

**10 \*01 =10 Marks**

1. Vedas - Yogic Literature
2. What is the significance of the ten incarnations of reality in yogic philosophy?
3. Identify a well-known yogi mentioned in the Puranas
4. Who is the sage known for writing the Yoga Sutras?
5. Who is the philosopher and theologian known for the Advaita Vedanta school of Hindu philosophy?
6. Who is known for integral yoga and spiritual synthesis, blending Eastern spirituality with Western thought?
7. Who was the spiritual mentor of Swami Vivekananda?
8. Relation Between Lifestyle and Yogic Vision.
9. Who is traditionally credited with compiling the Mahabharata and the Vedas?
10. Name two yoga masters from the Ramayana and Mahabharata.

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

**10 \*02 =20 Marks**

11. Explain the importance of equanimity (samatva)
12. Major Upanishads
13. How does a yogic lifestyle impact daily activities and overall well-being?
14. What were the major differences between the teachings of Buddha and Mahaveera?
15. How many chapters are there in Patanjali's Yoga Sutras and what are their names?
16. Explain Sri Aurobindo's concept of Integral Yoga
17. How did Ramana Maharshi emphasize the practice of self-inquiry (Atma Vichara) as a means to spiritual realization?
18. Sage Marandeya
19. What role does the Rigveda play in yogic literature?
20. What is the significance of the Eightfold Path in Buddhism?
21. What is the significance of Raja Yoga in Swami Vivekananda's teachings?
22. Shatdarshanas.

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

**06 \*05 =30 Marks**

23. Describe the concepts of Dwaita, Advaita, and Vishishtadvaita within the frame work of Astika Philosophy.
24. Discuss the contributions of Sage Ashtavakra to Yoga and spirituality
25. Describe the key principles of Madhvacharya's Dvaita Vedanta
26. Explain the key principles of Ramanuja's Vishishtadvaita Vedanta.
27. Discuss the teachings of Swami Sivananda regarding the synthesis of Yoga as a comprehensive spiritual path.
28. Discuss the ethical and moral teachings of Sri Rama.
29. Provide five definitions of Yoga derived from classical texts.
30. Explain the concepts of Yogic life style and Yogic vision

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

**04\* 10 =40 Marks**

31. Discuss the real purpose of life on earth according to yogic vision. Elaborate on the relationship between a yogic lifestyle and this vision
32. Identify and describe the significant Yoga masters from the Ramayana and Mahabharata. Explain their teachings and contributions to the tradition of Yoga.
33. Describe the structure and content of Patanjali's Yoga Sutras, detailing the significance of its four chapters.
34. Discuss the Buddha's philosophical principles, ethical teachings, and approaches to spiritual liberation.
35. Examine the spiritual relationship among Swami Vivekananda, Sri Ramakrishna Paramahansa, and Ma Sharada (Sarada Devi),
36. Explain Sri Aurobindo's concept of Integral Yoga in detail

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

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

**Objective Types (Attempt All) – 1 Mark for each Question**

**10 \*01 =10 Marks**

1. Asper Sankhya Yoga the evolutes of *Prakruti* are \_\_\_\_\_ *tatvas* in total.
2. Videha and Prakrutilaya are in \_\_\_\_\_ of Asampragyata Samadhi.
3. \_\_\_\_\_, \_\_\_\_\_ & \_\_\_\_\_ are called Pramana vritti.
4. Satva -guna is dominant in \_\_\_\_\_ & Tamo guna dominant in \_\_\_\_\_ state of Chitta.
5. *Dharana, Dhyana, and Samadhi* are means of bahiranga to \_\_\_\_\_ Samadhi.
6. \_\_\_\_\_ is the mother of all other 4 *Kleshas*.
7. \_\_\_\_\_ is cause of *Avidhya*.
8. \_\_\_\_\_ are considered as *Bahiranga Yoga*.
9. Main function of *Drishyam* is giving \_\_\_\_\_ to *Purusha*.
10. Author of *Tattva Vaiśārādī* \_\_\_\_\_ and *Raaja Martanda* \_\_\_\_\_.

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

**10 \*02 =20 Marks**

11. *Sutra*
12. *Tanmatras*
13. *Dharana*
14. *Brahmacharya*
15. *Karuna*
16. *Ashaya*
17. *Drishyam*
18. *Avidya*
19. *Soucha*
20. *Drishyam*
21. *Vashikara sanjna*
22. *Ritambhara Prajnana*

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

**06 \*05 =30 Marks**

23. What are *Heyam*, *Heya-hetu*, *Hanam* and *Hanopaya*
24. Pranayama according to Patanjali with Sutras
25. Asana according to Patanjali with Sutras
26. *Pancha Kleshas*
27. *Chitta Vikshepas* and *Saha bhavas*
28. *Chitta Bhumis*
29. *Samprajnata* vs *Asampragyata* Samadhi
30. How *Viveka Khsati* is the means of liberation?

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

**04\* 10 =40 Marks**

31. Explain concept of *Iswara* and the process of *Iswarapranidhana* in details with sutras.
32. What is *Kriya Yoga*, explain with Sutras in details.
33. Explain various levels of Samadhi as explained by Patanjali Maharshi.
34. Explain the Five techniques of *Chitta Prashadanam* with sutra in details.
35. Explain the Five *Yamas* and Five *Niyamas* with their benefits you will get after getting perfections in them.
36. Explain the three causes of Suffering how everything is *Dukhamaya* (suffering) for a *Viveki* person.