

MSc YVT

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

Program: MSc (Yoga & Vedic Therapy)
Subject Name: Patanjali Yoga Sutras
Sem Period: March, 2024 – July, 2024
Date: 12.07.2024
Examination Mode: Regular

Semester: 2nd Semester
Subject Code: MSYVTT 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
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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

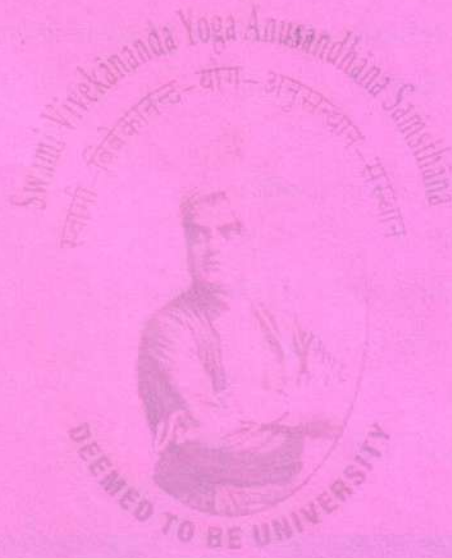
08 *05 =40 Marks

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. Explain Sampattis and their divisions
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



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Program: MSc (Yoga & Vedic Therapy)
Subject Name: Evidence Based Vedic Therapy
Sem Period: March, 2024 – July, 2024
Date: 10.07.2024
Examination Mode: Regular

Semester: 2nd Semester
Subject Code: MSYVTT 201
Batch: August, 2023
Time: 09.45 am to 12.45 pm
Max. Marks: 100

General Instructions:

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

10 *02 =20 Marks

1. Define Satvavajaya.
2. Define Vyakarana.
3. Manomaya kosha practices for fever
4. Symptoms of Anxiety.
5. Yajna for Asthma.
6. Define Yukti vyapashraya chikitsa.
7. Which are the vidyasthanas, support with shloka.
8. Write in brief about Veda Vyasa.
9. Which are the prasthanatrayas.
10. What is Geocentric and Heliocentric systems in Jyotisha.
11. Define Lagna.
12. Difference between North and South Indian kundalis

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

08 *05 =40 Marks

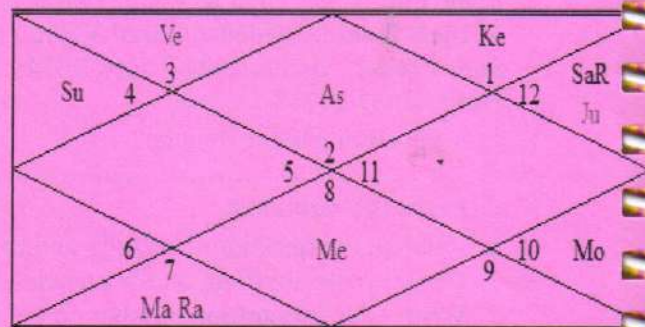
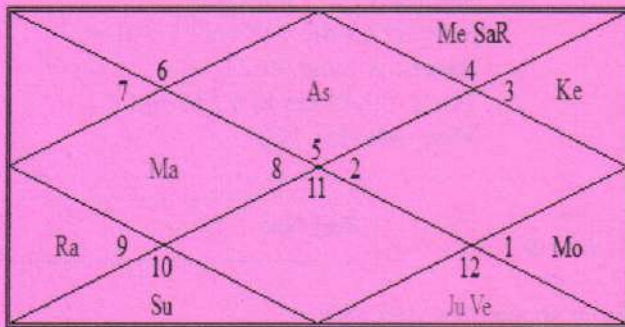
13. How to identify disease in a horoscope? Apply it on the below horoscope and justify.

JUPITER RAGU		LAGNA	
	<u>RASI</u>		
	SUN VENUS SATURN	MARS MERCURY	KETU MOON

14. Write the characteristics of the following rashis

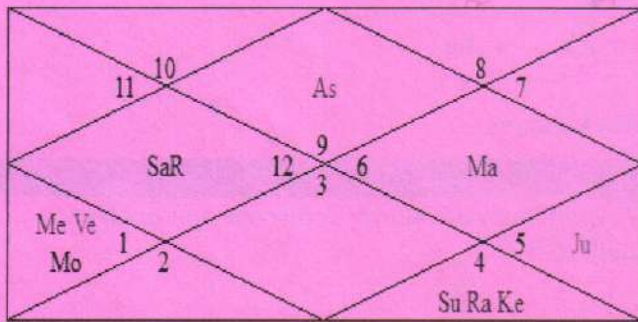
- a. Rishabha
- b. Karka
- c. Dhanu
- d. Tula
- e. Meena

15. Convert the following into North/South Indian horoscopes:



		SaR Ke Mo	Ju
Me			Su As
Ma			
	Ra	Ve	

Ra Me			As
Ve			Su
Sa Mo	Ma		Ke JuR



16. Define svara. Types of svara. Relationship with animals and svaras

17. Importance of Daiva vyapashraya chikitsa

18. Mechanism of action of IAVT on cancer.

19. What is the concept of disease in vedic therapy

20. Justify Gayatri Mantra increases attention and memory

21. Importance of Yatragamana

22. IAVT for Diabetes

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

04* 10 =40 Marks

23. Write the relationship between tridosha, rasa, that and ragas and their timings in a tabular form. Also, give a scenario telling the way a disease can be cured using the table.
24. Write at least five researches done using Indian classical music in curing diseases. (must include author, journal, Methodology, Discussion, Conclusion).
25. Explain Symptoms of Tuberculosis and IAVT
26. Explain Symptoms and IAVT for Epilepsy
27. Explain the procedure of homa with benefits
28. Explain Symptoms of coronary artery disease and IAVT with importance



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Program: MSc (Yoga & Vedic Therapy)
Subject Name: Evidence Based Yoga Therapy
Sem Period: March, 2024 – July, 2024
Date: 17.07.2024
Examination Mode: Regular

Semester: 2nd Semester
Subject Code: MSYVTT 202
Batch: August, 2023
Time: 09.45 am to 12.45 pm
Max. Marks: 100

General Instructions:

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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.



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Program: MSc (Yoga & Vedic Therapy)
Subject Name: Bhagavad Gita (Chapters 1 to 9) - 1
Sem Period: March, 2024 – July, 2024
Date: 15.07.2024
Examination Mode: Regular

Semester: 2nd Semester
Subject Code: MSYVTT 203
Batch: August, 2023
Time: 09.45 am to 12.45 pm
Max. Marks: 100

General Instructions:

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

10 *02 =20 Marks

1. What is the obstacle in performing karma yoga?
2. What are the three symptoms of Samsara
3. Explain the connection between self-ignorance and attachment
4. What is the purpose of Iswara's Avatara?
5. Explain Vividisha and Vidvat sanyasa
6. What is the obstacle in Meditation and how to overcome it?
7. Explain the meaning of the name of chapter 9.
8. Explain Shukla and Krishna gati.
9. Explain Apekshika Nishkama Bhakti.
10. What are the methods in Focussing meditation??
11. Explain Value Meditation?
12. What are the four topics in Chapter 2??

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

08 *05 =40 Marks

13. Quote and explain the shloka "Karmanyevadhikaraste"
14. What happens to the Para prakruti when creation is manifested?
15. What is the doubt of Arjuna in the beginning of third chapter? What was Krishna's response?
16. Explain 'Lokasangraham'.
17. What is the significance and method of remembering God at the time of death?
18. What is Atyantika Nishkama Bhakti?
19. What are the different topics in first two parts (Shatkam) of Bhagavadgita?
20. Quote and explain the shloka Brahmarpanam
21. How does Vedanta define consciousness? Explain with example."
22. What are Kramamukti and Sadyomukti?

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

04* 10 =40 Marks

23. Who is a sthitha prajna? Explain the features of sthitha prajna.
24. Explain 7 features of Atma
25. What are the similarities and differences between Jiva's Janma and Ishwara's Avatara?
26. Explain Bahiranga and Antaranga Sadhanas
27. In chapter 9, Bhagavan says- 'I give Moksha to my devotees'. Is Bhagavan Partial? Explain with example.
28. What happens to the Para prakruti when creation is manifested?

