

**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: Applied Sanskrit Grammar - 1  
Sem Period: August, 2024 – December, 2024  
Date: 05.12.2024  
Examination Mode: Regular

Semester: 3<sup>rd</sup> Semester  
Subject Code: BSYVTT 301  
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:

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

**10 \*01 =10 Marks**

1. शिवानां is an example of षष्ठी vibhakti. True/False.
2. कृष्णस्य is an example of-- मध्यमपुरुष /उत्तमपुरुष/none
3. The script of Samskrtam is called .....
4. वदसि, वदथः, वदथ are examples of ..... पुरुष/person.
5. अ is a वर्ण/अक्षर
6. The उच्चारणस्थान sutra for च is .....
7. उत्तमपुरुष means ..... person in English.
8. The विभक्ति of द्विवचन of तृतीया, चतुर्थी, पञ्चमी is .....
9. Number of विभक्तis is .....
10. Write the dvivacana of मरुति

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

**10 \*02 =20 Marks**

11. Write the meanings of these words- a) रामाणाम् b) लतायै
12. How many लिङ्गs are there? What are they?
13. Name all the grammatical details of the following- यमुना गङ्गाया सम्मिलति प्रयागराजे।
14. नन्दः ग्रामं गच्छति- Tell the विभक्ति of the nouns and पुरुष of the verb.
15. ...., वने, ..... (fill the blank)
16. .... + ..... = क्रियापदम् (fill the blanks)
17. Write the षष्ठी विभक्ति forms in three वचनs of फल शब्द.
18. Write the simple translation of the following- योगश्चित्तवृत्तिनिरोधः
19. How many कालs are there? What are they?
20. पर्णम्, ..... (fill the blank)
21. Write the meaning of the following words- a) लक्ष्मणेभ्यः b) हरेषु
22. Write the प्रथमाविभक्ति 3 वचनs of any अकारान्त-क्लीब(नपुंसकलिङ्ग) शब्द.

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

23. Write the simple meaning of the following shloka-  
आचारः परमो धर्म आचारः परमं तपः।  
आचारः परमं ज्ञानमाचरात् किं न साध्यते ॥
24. Write time in संस्कृत for one full hour- say for eg. 4.00, 4.05 etc.
25. Write the विवेकानन्दप्रार्थना (of प्रार्थना मिलन) fully.
26. Fill the shloka-  
आशाया ..... यः स ..... सर्वदिहिनां ।  
आशा ..... येन तस्य ..... ॥
27. Write the दक्षिणामूर्तिगुरुस्तोत्र (of प्रार्थना मिलन) fully.
28. Write an introduction about yourself in संस्कृतम्।
29. Fill the following subhashita-  
..... विद्यैव .....रनुत्तमम् ।  
अहार्यत्वा..... क्षयत्वाच्च ..... ॥
30. Write the meaning of the following shloka-  
आमं कुम्भमिवाम्भस्थो जीर्यमाणः सदा घटः ।  
योगानलेन सन्दह्य घटशुद्धिं समाचरेत् ॥

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

31. Write all the declensions or forms (7+1\*3 table) of मरुत् शब्द.
32. Write all the present tense conjugations or forms (3\*3 table) of अट् = 'to wander' and write the meaning of each form.
33. Name all the vibhaktis in Samskrta, their corresponding cases in English and write their meanings.
34. Write the translation of the śloka with word to word meaning.  
उद्यमेन हि सिद्ध्यन्ति कार्याणि न मनोरथैः।  
न हि सुप्तस्य सिंहस्य प्रविशन्ति मुखे मृगाः ॥
35. What is a dhātu? How does it become a kriyā? Explain with 5 examples (complete tables of rupas).
36. Write all the present tense conjugations or forms (3\*3 table) of वट् = 'to speak', and write the meaning of each form.

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**Program:** BSc (Yoga & Vedic Therapy)  
**Subject Name:** Atmabodha  
**Sem Period:** August, 2024 to December, 2024  
**Date:** 16.12.2024  
**Examination Mode:** Regular

**Semester:** 3<sup>rd</sup> Semester  
**Subject Code:** BSYVTT E2 306  
**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
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**Objective Types (Attempt All) – 1 Mark for each Question**

**10 \*01 =10 Marks**

1. Satyam means...
  - a. That which is present in All three periods of time
  - b. Absent before present now
  - c. Present now absent later
  - d. None
2. The Cause of bondage is..
  - a. Self Ignorance
  - b. Self knowledge
  - c. Desire
  - d. None
3. Prasthana traya for vedanta are.
  - a. Shruti (Upanishads) , Smriti (Bhagavad Geeta) , Nyaya Prasthana (Brahma sootra)
  - b. Purana, Upanishad and Itihasa
  - c. Sootra, Purana and Itihasa
  - d. None
4. Mithya is...
  - a. Independent reality
  - b. Dependant on Satyam for existence
  - c. Illusion
  - d. None
5. In sloka पंचीकृतमहाभूतसंभवं कर्मसंचितम् | शरीरं सुखदुःखानां भोगायतनमुच्यते ॥ / paīcēkātamahābhūtasambhavaā karmasaīcitam | çarēraā sukhaduūkhānāā bhogāyatanamucyate Gross body is called ...
  - a. Physical location of enjoyment
  - b. Instrument of enjoyment
  - c. Resident of aatma
  - d. None
6. In sloka पंचीकृतमहाभूतसंभवं कर्मसंचितम् | शरीरं सुखदुःखानां भोगायतनमुच्यते ॥ / paīcēkātamahābhūtasambhavaā karmasaīcitam | çarēraā sukhaduūkhānāā bhogāyatanamucyate Gross body is made up of ...
  - a. 5 Gross Elements
  - b. 5 Subtle Elements
  - c. 5 Causal Elements
  - d. None
7. Brahma and \_\_\_\_\_ are one and the same.
  - a. Atma
  - b. Prakriti
  - c. Maya
  - d. None
8. The three status of anything with respect to its existence is Satyam, tuccham and
  - a. Mithya
  - b. Nithya
  - c. Poorna
  - d. None
9. In sloka पंचप्राणमनोबुद्धिशेन्द्रियसमन्वितम् । अपंचीकृतभूतोत्थं सूक्ष्माङ्गं भोगसाधनम् । । / paīcaprāēamanobuddhidaçendriyasamanvitam | apaīcēkātabhūtotthaā sūkñmāīgāā bhogasāadhanam Subtle body is Made up of ...
  - a. 5 Gross Elements
  - b. 5 Subtle Elements
  - c. 5 Causal Elements
  - d. None

10. Which example illustrates that aatma is the support for all the three bodies as given by sloka 20 आत्मचैतन्यमाश्रित्य देहेन्द्रियमनोधियः । स्वक्रियार्थेषु वर्तन्ते सूर्यालोकं यथा जनाः / ātmacaitanyamāçritya dehendriyamanodhiyaù | svakriyārtheṣu vartante sūryālokaà yathā janāu | 20 |
- Like sun is the support for all the activities people do.
  - Like moon in the night
  - Like lamp in the night
  - None

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

**10 \*02 =20 Marks**

- Who is the author of atmabodha?
- Explain the word atma in the word atmabodha?
- What are the two-fold power (shakti) that brings about misunderstanding of any given thing?
- Which example is given to show knowledge in thought form goes away once the person becomes knowledgeable?
- Which example is given to show the world is experienced as real till one gets knowledge?
- Explain the word Upadhi?
- Explain the sarvagatah with respect to aatma?
- To explain aatma is just a witness without participating in activities of Gross and Subtle bodies which example is given?
- What is the example given in sloka पंचकोशादियोगेन तत्तन्मय इव स्थितः । शुद्धात्मा नीलवस्त्रादियोगेन स्फटिको यथा ॥ / pañcakoçādiyogena tattanmaya iva sthitaù | çuddhātmā nēlavastrādiyogena sphaōiko yathā | Explain the example given. Just like crystal appears blue due to blue cloth etc, similarly as due to close association with 5 koshas etc. aatma appears to be the 5 koshas etc.?
- Write the 17/19 components of the subtle body
- Explain word bodha in aatmabodha.
- Explain the meaning of the starting prayer 'Sadaashiva samarambha'.

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

**06 \*05 =30 Marks**

- Enumerate and explain the 4 purusharthas.
- Explain prasthana trayam and the purpose of prakarana grantha.
- Explain how the waking world is similar to the dream world?
- Give with two examples of how right knowledge can be covered and wrong understanding can be projected.
- Explain the causal body Upadhi as given by sloka अनाद्यविद्याऽनिर्वाच्या कारणोपाधिरुच्यते । उपाधित्रितयादन्यमात्मानमवधारयेत् ॥ / 'anādhyavidhyānirvācyā kāraṇōpādhirucyatē | upādhitrityādAnyam ātmānamavadhārayēt ||'
- Give with two examples of how right knowledge can be covered and wrong understanding can be projected.
- Explain the example in the sloka सच्चिदात्मन्यनुस्यूते नित्ये विष्णौ प्रकल्पिताः । व्यक्तयो विविधाः सर्वा हाटके कटकादिवत् ॥ ९ ॥ / saccidātmanyānusyūte nitye viṣṇōu prakalpitaù | vyaktayo vividhāu sarvā hāōake kaōakādivat ||
- In sloka उपादानेऽखिलाधारे जगन्ति परमेश्वरे । सर्गस्थितिलयान् यान्ति बुद्बुदानीव वारिणि ॥ / upādāne'khilādhāre jaganti parameçvare | sargasthityilayān yānti budbudānēva vāriṇi . Explain the ishvara as material cause of the world with the example given above.

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

**04\* 10 =40 Marks**

31. With example explain what is the direct means (sadhana) for moksha and why?
32. Explain the 4 fold qualifications required for self-knowledge and how they are listed in shloka 1?
33. Explain the sloka 'upādānē'khilādhārē jaganti paramēśvarē | sargasthitilayānyānti budbudānīva vāriṇi ||
34. Explain the sloka 'yathākāśō hṛṣīkēśō nānōpādhigatō vibhuḥ | tadbhēdādbhinnavadbhāti tannāśē kēvalō bhavēt ||
35. Explain the sloka अमनस्त्वान्न मे दुःखरागद्वेषभयादयः । अप्राणो ह्यमनाः शुभ्र इत्यादि श्रुतिशासनात् ॥ ३३ /  
amanastvānna me duḥkharāgadveṣabhayādayaḥ | aprāṇo hyamanāḥ śubhra ityādi śrutiśāsanāt ||
36. Explain the sloka  
विविक्तदेश आसीनो विरागो विजितेन्द्रियः ।  
भावयेदेकमात्मानं तमनन्तमनन्यधीः ॥ ३८ ॥



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**Program:** BSc (Yoga & Vedic Therapy)  
**Subject Name:** Introduction to Ayurveda  
**Sem Period:** August, 2024 to December, 2024  
**Date:** 13.12.2024  
**Examination Mode:** Regular

**Semester:** 3<sup>rd</sup> Semester  
**Subject Code:** BSYVTT 305  
**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. One synonym of Ayu is.....(Nityaga, Diya, Deergha, Hitaayu)
2. One sampradaya in Ayurveda is.....(Agnivesha, Dhanvantari, Vasishtha, Nagarjuna)
3. One disciple of Dhanvantari rishi is.....(Aupadhenava, Haritha, Bhela, Jatukarna)
4. One among Ashwini kumaras is.....(Dinakara, Aditya, Marichi, Dasru)
5. One among Daiva Vyapashraya chikitsa is.....(Churna, Lehya, Mantra, Vamana)
6. One among the rutu is.....(Ashwini, kruttika, Sharad, Simha).
7. One among the nakshatras is.....(Mesha, Mrugashira, Mithuna, Kataka)
8. One among the rashis is.....(Kanya, Aridra, Punarvasu, Shatabhisha)
9. One among the samvatsara is..... (Kartika, Krodhi, Karkataka, Dhanu)
10. One among triphala is.....(Haritaki, Tulsi, Chandan, Gomutra)

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

**10 \*02 =20 Marks**

11. Name bruhat trayee
12. Ashwini kumaras names
13. Another name for charaka samhita
14. Name any 2 disciples of atreya punarvasu
15. Doshas of mind
16. Gunas of mind.
17. Name two chikitsa chatushpada
18. Name two Ayanas
19. Name two synonyms of Ayuu
20. Name two Agnis in the body
21. Name two sampradayas in Ayurveda
22. Who are famous for nidana & chikitsa in ayurveda

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

**06 \*05 =30 Marks**

23. Ashtanga Ayurveda
24. Eligibility to study ayurveda
25. Concept of health in ayurveda
26. Concept of Agni & Aama
27. Natural ways to be disease free as per Vagbhata
28. 5 Agrya sangrahas
29. Shishya gunas
30. Jalapaana kaala in Ahara sevana vidhi

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

**04\* 10 =40 Marks**

31. Explain in detail Chronology & significance of Ayurveda with types of Ayu.
32. Explain dinacharya in detail & its need in yoga academics.
33. Explain tridoshas, its origin, distribution in body & general line of treatment in detail
34. Explain diseases classification along with 4 limbs of treatment
35. Explain concept of kaala as per sanatana dharma in detail
36. Define Ayurveda & synonyms of Ayu along with structure of samhitas

**Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)**  
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**Program:** BSc (Yoga & Vedic Therapy)

**Subject Name:** Introduction to Vedic Logic: Tarka Sangraha

**Sem Period:** August, 2024 to December, 2024

**Date:** 09.12.2024

**Examination Mode:** Regular

**Semester:** 3<sup>rd</sup> Semester

**Subject Code:** BSYVTT 303

**Batch:** August, 2023

**Time:** 09.45 am to 12.45 pm

**Max. Marks:** 100

**General Instructions:**

Reg No:

1. Read all the questions carefully and then start writing
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**Objective Types (Attempt All) – 1 Mark for each Question**

**10 \*01 =10 Marks**

1. Who is the author of Tarkasaṅgraha?
2. Which indriya does perceive gandha
3. Write the names of Pramāṇam according to the Nyāya philosophy
4. Is Kārya Vāyu nitya or anitya? Why?
5. What are the two types of Anumānam?
6. How many Viśeṣas are there?
7. What is Utkṣepanam?
8. पर्वतो वह्निमान् धूमवत्त्वात् । - Here, what is Pakṣa?
9. Write the classifications of Buddhi.
10. How many Viśayas does Tejas have? What are they?

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

**10 \*02 =20 Marks**

11. Write the definition of Padārtha (पदार्थलक्षणम्).
12. What are the nitya dravyas?
13. Explain Paratva & Aparatva
14. Explain Dik
15. Hearing a sound – Which pramāṇa is this? Why?
16. What type of relation (सम्बन्धः) is this? – Cloth and a table..
17. Give an example for Saṃyoga Samaveta Sannikarṣa Pratyakṣa
18. Write the Maṅgala Śloka of Tarkasaṅgraha.
19. Write the definition of Dravatvam.
20. Explain Apramā with an example
21. Explain Smṛti
22. Write the definition of Vayu as in Tarkasaṅgraha.

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

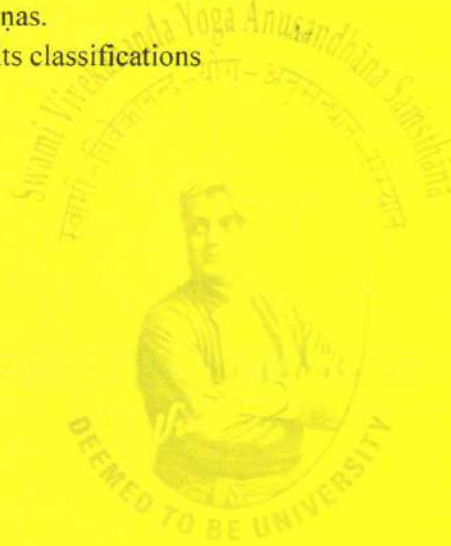
**06 \*05 =30 Marks**

23. Explain Pṛthivī, Ap, Tejas & Vāyu
24. Explain 5 karmas.
25. Explain Jñeyatva (ज्ञेयत्वम्), Abhidheyatvam (अभिधेयत्वम्) and Nāmadheyatvam (नामधेयत्वम्).
26. Explain Sneha, Śabda, Sukha, Duḥkha, Icchā & Dveṣa.
27. Explain Jīvātmā, Paramātmā and Manas according to Tarkasaṅgraha
28. Explain all the Abhāvas
29. Explain Rasa.
30. Explain Sparśa.

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

**04\* 10 =40 Marks**

31. Write an essay on Nyāya & Vaiśeṣika Darśanas.
32. Elaborate all the dravyas
33. Explain Pratyakṣa Pramāṇa and its six sannikarṣas
34. Explain Upamāna Pramāṇa with suitable example
35. Write small notes on all 24 guṇas.
36. Explain Śabda Pramāṇa with its classifications



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**Program:** BSc (Yoga & Vedic Therapy)  
**Subject Name:** Methods of Teaching Yoga  
**Sem Period:** August, 2024 to December, 2024  
**Date:** 11.12.2024  
**Examination Mode:** Regular

**Semester:** 3<sup>rd</sup> Semester  
**Subject Code:** BSYVTT 304  
**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. Vidyarthi
2. Beginners
3. Special attention group
4. Levels or Phases in teaching
5. Life skills
6. Importance of Educational technology
7. Time table
8. Mumukshu
9. Yoga Teacher qualities
10. School children

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

**10 \*02 =20 Marks**

11. What is the essence and purpose of teaching?
12. What techniques are commonly employed in group teaching within the context of yoga sessions?
13. How is the practice of yoga tailored for the specific needs and preferences of youth?
14. Lesson Planning
15. Research in action
16. Class room problems
17. What tools are commonly used in the practice of teaching yoga?
18. What are the key qualities that define a perfect yoga guru?
19. How is yoga practice adapted for special attention groups?
20. Sitting arrangement
21. Codes of ethics
22. What is the role of a yoga teacher?

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

**06 \*05 =30 Marks**

23. Source of teaching methods
24. How does the practice of yoga differ for women and special attention groups?
25. What are the sequential steps involved in the practical conduct of a yogic lesson?
26. Essential features of yoga class
27. What are some key hints or guidelines for effectively conducting a lesson on meditation?
28. What is the meaning and scope of teaching methods?
29. What is effective classroom management, and what common problems do teachers face in the classroom?
30. Educational technology

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

**04\* 10 =40 Marks**

31. What are the concepts and relationship between teaching and learning?
32. What are life skills, and why are they important for personal and professional development?
33. How can individuals effectively utilize library and other resources to enhance their knowledge and research capabilities?
34. What principles are considered in constructing a timetable for scheduling yoga activities or events?
35. What is the meaning of action research in the context of yoga, and what roles and steps are involved in conducting action research within the field of yoga?
36. What are the different learning methods, and what are the benefits of various teaching methods?

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**Program:** BSc (Yoga & Vedic Therapy)  
**Subject:** Patanjali Yoga Sutras - 1  
**Sem Period:** August, 2024 to December, 2024  
**Date:** 07.12.2024  
**Examination Mode:** Regular

**Semester:** 3<sup>rd</sup> Semester  
**Subject Code:** BSYVTT 302  
**Batch:** August, 2023  
**Time:** 09.45 am to 12.45 pm  
**Max. Marks:** 100

**General Instructions:**

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**Objective Types (Attempt any 10) – 1 Mark for each Question**

**10 \*01 =10 Marks**

1. Enumerate the five Vrittis.
2. List the Eight Angas of Yoga
3. What is Heyahetu
4. What is Karma-vipaka?
5. What are the two types of Asamprajnyata Samadhi?
6. What are the components of Kriyayoga
7. What are the two techniques of practice of Asanas.
8. Who is Jivanmukta?
9. Name the two types of Vairagyas.
10. What is Hanopaya.

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

**10 \*02 =20 Marks**

11. Define Viparyaya.
12. What are the four Saha-bhus/the afflicting experiences that accompany Anarayas
13. Define Dvesha
14. What is Vishayavati Pravritti?
15. Define Pratyahara?
16. What is Rtambhara Prajna
17. What is Pratiprasava?
18. What are the four Bhavanas prescribed to attain Citta Prasadann
19. What are the four types of Karmas according to Yogasutras?
20. What is the outcome of practice of Asanas?
21. Define Nidra
22. What are the 4 vyuhas of Yoga?

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

**06 \*05 =30 Marks**

23. Discuss the Sutra – मैत्रीकरुणामुदितोपेक्षाणां सुखदुःखपुण्यापुण्यविषयाणां भावनातश्चितप्रसादनम्
24. Explain Abhyasa
25. Explain Viveka-khayati
26. Explain the Sutra - श्रद्धावीर्यस्मृतिसमाधिप्रज्ञापूर्वक इतरेषाम्
27. Explain the Sutra - हेयं दुःखमनागतम्
28. Explain the 4 levels of Sabija Samadhi.
29. Explain the Sutra - प्रयत्नशैथिल्यानन्तसमापत्तिभ्याम्
30. Explain the five Kleshas

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

**04\* 10 =40 Marks**

31. Enumerate and explain the 9 Yogantarays and Sahabhus.
32. Discuss about Ishvara and explain the concept of Ishvarapranidhana.
33. Describe the process of the mind that is nearing the state of Kaivalya
34. Explain Para & Apra Vairagyas
35. Explain the first four sutras of Yogasutras and show how the entire philosophy of Yoga is contained in it
36. Explain the Yamas and Niyams with their benefits