

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: Basis of Yoga
Sem Period: August, 2024 to December, 2024
Date: 11.12.2024
Examination Mode: Regular

Semester: 1st Semester
Subject Code: BSYTT 103
Batch: August, 2024
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. Among ten major Upanisads which one is smallest one
 - a) Kena
 - b) Isa
 - c) Mundaka
 - d) Mandukya
2. Which one is not Nyaya Prasthanas
 - a) Brahma Sutra
 - b) Bhagavadgita
 - c) Upanisads
 - d) B & C
3. When the mind gets relieved of all its desires (thoughts), man is bliss unto himself. He is then in the
 - a) Silence
 - b) Sthitaprajna
 - c) Happiness
 - d) Bliss
4. Patanjali defines Yoga as a process of gaining control over the
 - a) Body
 - b) Mind
 - c) Food
 - d) Sleep
5. What are the two aspects of mind, which come under head of development at mental personality development?
 - a) Creativity and Will-power
 - b) Creativity and Emotion
 - c) Will-Power and Emotion
 - d) Emotion and Memory
6. Yoga is a process of all round personality development by increasing creativity and will power at
 - a) Mental level
 - b) Physical level
 - c) Emotion level
 - d) Pranic level
7. The Path of Philosophy
 - a) Bhakti Yoga
 - b) Jnana Yoga
 - c) Karma Yoga
 - d) Raja Yoga
8. Which one is Antaranga yoga
 - a) Pranyama
 - b) Dharana
 - c) Pratyahar
 - d) Yama

9. Smriti

- a) Deep sleep
- b) Mere imaginations
- c) Memory - store
- d) None

10. What is real Happiness

- a) State of concentration
- b) State of Silence
- c) State stress free
- d) None

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

10 *02 =20 Marks

- 11. What is *Bahirang Yoga*
- 12. What is Sanatana Dharma?
- 13. Explain mind according to Patanjali.
- 14. What is Visaya-Visayi-Sambhoga
- 15. Name the five modifications of mind according to Patanjali.
- 16. What is *Brahman* according to Aitareya Upanisad?
- 17. Write about the two groups of bahirindriyas
- 18. According to yoga what is stress?
- 19. What is definitions of yoga according to yoga Vasistha?
- 20. What are the two vital parts of education according to Swami Vivekananda?
- 21. What are the six enemies of a man?
- 22. What is Brahman according to Kena Upanishad

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

06 *05 =30 Marks

- 23. Write in a short about *Sruti Prasthanana*.
- 24. Explain special feature of man with shloka.
- 25. When is a man said to be in the state of *Sthitaprajna*? Please explain with shloka.
- 26. What are the various level called lokas are mentioned in Upanishads?
- 27. Write the story of Ruma.
- 28. Write about the features of an ideal body brought out by yoga.
- 29. Explain development at the physical level brought out by yoga.
- 30. Explain Archimedes story

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

04* 10 =40 Marks

- 31. What are the five major sheaths of existence mentioned in the Taittiriya Upanishad? Explain in detail along with practices related to each sheath.
- 32. What is Yoga? Explain any five definitions of yoga in detail.
- 33. What are the India's greatest and unique contribution to the world thought and culture?
- 34. Write the Priya's story with its conclusion.
- 35. Explain four streams of yoga in detail.
- 36. Explain *Prasthanatraya* in detail.

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
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Program: BSc (Yoga Therapy)
Subject Name: English
Sem Period: August, 2024 to December, 2024
Date: 09.12.2024
Examination Mode: Regular

Semester: 1st Semester
Subject Code: BSYTT 102
Batch: August, 2024
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. Which nouns are the names of particular persons, animals, places or things?
 - a. Abstract
 - b. Proper
 - c. Common
 - d. Collective
2. I gave him all the money I had.
 - a. what
 - b. those
 - c. that
 - d. why
3. She will _____ you a new pair of jeans on your birthday
 - a. Got
 - b. Gotten
 - c. Get
 - d. Getting
4. Let ____ (he/him) who can, save her from drowning.
5. Throw this pen ____ the dustbin
 - a. In
 - b. Onto
 - c. To
 - d. On
6. The Cabinet gave ____ (their/its) vote
7. The boy ____ (who/whom) fell off his bicycle has hurt his leg
8. This shirt is mine. Here the underlined word is an example of –
 - a. subject pronoun
 - b. reflexive pronoun
 - c. object pronoun
 - d. possessive pronoun
9. We were late for the show ____ we didn't take a taxi.
 - a. But
 - b. And
 - c. Or
 - d. Then
10. Our team won match ____ ease
 - a. By
 - b. With
 - c. In
 - d. Under

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

11. Write the definition of pronoun with an example.
12. Write the definition of interjection with an example
13. Write 4 "Where" adverbs.
14. Write object pronouns.
15. Write 4 stative verb?
16. Write the definition of adjective with an example

17. Write 2 sentences using future perfect tense & simple present tense question tag.
18. Convert a past perfect tense sentence to passive voice
19. Write four words (singular & plural) that ends with F.?
20. Write 4 model verbs
21. What are the 1st, 2nd, 3rd person subjective and objective pronoun.
22. Write 4 "How much" adverbs

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

06 *05 =30 Marks

23. Give a definition of all parts of speech with an example.
24. Write the definition of any 5 types of verbs with one example each.
25. Write one sentence on following:
 - a. Adverb of time
 - b. Adverb of frequency
 - c. Adverb of place
 - d. Adverb of degree
 - e. Adverb of manner
26. What are conjunctions? Write the definition with example for each types of conjunctions
27. What are the types of noun? Give definition with one example each.
28. Make chart of 1st, 2nd 3rd person pronouns (subject, object, possessive).
29. Write a paragraph on gender equality.
30. Write a paragraph on extra-curricular activities in education

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

04* 10 =40 Marks

31. Philosophy of Education is a label applied to the study of the purpose, process, nature and ideals of education. It can be considered a branch of both philosophy and education. Education can be defined as the teaching and learning of specific skills, and the imparting of knowledge, judgment and wisdom, and is something broader than the societal institution of education we often speak of. Many educationalists consider it a weak and woolly field, too far removed from the practical applications of the real world to be useful. But philosophers dating back to Plato and the Ancient Greeks have given the area much thought and emphasis, and there is little doubt that their work has helped shape the practice of education over the millennia. Plato is the earliest important educational thinker, and education is an essential element in "The Republic" (his most important work on philosophy and political theory, written around 360 B.C.). In it, he advocates some rather extreme methods: removing children from their mothers' care and raising them as wards of the state, and differentiating children suitable to the various castes, the highest receiving the most education, so that they could act as guardians of the city and care for the less able. He believed that education should be holistic, including facts, skills, physical discipline, music and art. Plato believed that talent and intelligence is not distributed genetically and thus is be found in children born to all classes, although his proposed system of selective public education for an educated minority of the population does not really follow a democratic model. Aristotle considered human nature, habit and reason to be equally important forces to be cultivated in education, the ultimate aim of which should be to produce good and virtuous citizens. He proposed that teachers lead their students systematically, and that repetition be used as a key tool to develop good habits, unlike Socrates' emphasis on questioning his listeners to bring out their

own ideas. He emphasized the balancing of the theoretical and practical aspects of subjects taught, among which he explicitly mentions reading, writing, mathematics, music, physical education, literature, history, and a wide range of sciences, as well as play, which he also considered important.

During the Medieval period, the idea of Perennialism was first formulated by St. Thomas Aquinas in his work "De Magistro". Perennialism holds that one should teach those things deemed to be of everlasting importance to all people everywhere, namely principles and reasoning, not just facts (which are apt to change over time), and that one should teach first about people, not machines or techniques. It was originally religious in nature, and it was only much later that a theory of secular perennialism developed.

During the Renaissance, the French skeptic Michel de Montaigne (1533 - 1592) was one of the first to critically look at education. Unusually for his time, Montaigne was willing to question the conventional wisdom of the period, calling into question the whole edifice of the educational system, and the implicit assumption that university-educated philosophers were necessarily wiser than uneducated farm workers, for example

Q1. What is the difference between the approaches of Socrates and Aristotle?

- Aristotle felt the need for repetition to develop good habits in students; Socrates felt that students need to be constantly questioned
- Aristotle felt the need for rote-learning; Socrates emphasized on dialogic Learning
- There was no difference
- Aristotle emphasized on the importance of paying attention to human nature; Socrates emphasized upon science difference is quite explicitly explained in the fourth paragraph

Q2. Why do educationists consider philosophy a 'weak and woolly' field?

- It is not practically applicable
- Its theoretical concepts are easily understood
- It is irrelevant for education
- None of the above

Q3. What do you understand by the term 'Perennialism', in the context of the given comprehension passage?

- It refers to something which is of ceaseless importance
- It refers to something which is quite unnecessary
- It refers to something which is abstract and theoretical
- It refers to something which existed in the past and no longer exists now

Q4. Were Plato's beliefs about education democratic?

- He believed that only the rich have the right to acquire education
- Yes
- He believed that only a select few are meant to attend schools
- He believed that all pupils are not talented

Q5. Why did Aquinas propose a model of education which did not lay much emphasis on facts?

- Facts are not important
- Facts do not lead to holistic education
- Facts change with the changing times
- Facts are frozen in time

32. Write a letter on "Calling a friend for a trip or holiday"

33. Write an Appointment Letter to the recently hired employee.

34. Write a letter on "Asking apologizing to your mother for mistakes you have done".

35. Mention any ten tenses and write sentences in each tense

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A Deemed to be University established under Section 3 of the UGC Act, 1956

Program: BSc (Yoga Therapy)
Subject Name: Four Streams of Yoga
Sem Period: August, 2024 to December, 2024
Date: 13.12.2024
Examination Mode: Regular

Semester: 1st Semester
Subject Code: BSYTT 105
Batch: August, 2024
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. What is Jnana yoga?
2. What is Viveka & Vairagya?
3. Name the Sat sampati
4. Write pranayama sutra as per PYS?
5. What are the way to overcome from the chanchala/ distractive mind?
6. Write the root word of Bhakti with meaning
7. What is prema
8. Shloka for yoga as per Karma yoga unit
9. What are the triguna?
10. What is Sattva?

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

10 *02 =20 Marks

11. Qualities of a student with reference to Bhagavadgita
12. Explain Para vidya & Aparavidya
13. Write the steps of Jnana yoga.
14. Write the Yamas as per PYS
15. Explain Antaranga yoga
16. Write the sloka from Raja yoga chapter which explain about the moderation of diet..... etc
17. Write the qualities of Daivi sampad
18. Write Pancha bhava
19. Write the shloka for Asuri sampad as per Bhagavad gita.
20. Explain Rajashik karma
21. What is akarma & vikarma
22. Write the shloka for sattvic karma

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

06 *05 =30 Marks

23. Characteristics of Atma with reference to Bhagavadgita
24. "Dhyayato..... pranasyati." Complete the sloka & explain the meaning
25. Explain Asanas with sutras from PYS.
26. Explain Bahiranga yoga
27. Explain the outcome of Bhakti with reference to Narada Bhakti Sutra
28. How can one cultivate the Bhakti
29. Give the example of a karma yogi with explanation
30. Explain the Gunas

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

04* 10 =40 Marks

31. Explain the sadhana chatustaya as the qualifications for Jnana yoga in details
32. Write the sutras with explanation for asana, pranayama, dharana, Dhyana & Samadhi as per PYS
33. Explain Navavidha Bhakti with examples
34. Explain Daivi sampad and Asuri sampad as per Bhagavadgita with reference
35. Write the concept of karma yoga as per Bhagavad gita
36. Explain the schematic diagram of Karma yoga.

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
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Program: BSc (Yoga Therapy)
Subject Name: Samskritam
Sem Period: August, 2024 – December, 2024
Date: 07.12.2024
Examination Mode: Regular

Semester: 1st Semester
Subject Code: BSYTT 101
Batch: August, 2024
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. शिवेभ्यः is an example of śashti vibhakti. True/False..
2. भवसि is an example of पुरुष।
3. The uttama puruṣa, ekavacana of भ्रम् is a) भ्रमथ b) भ्रमन्ति c) भ्रमामिवदसि, वदथः, वदथ are examples of पुरुष/person.
4. The विभक्ति of द्विवचन of तृतीया, चतुर्थी, पञ्चमी is
5. रामस्य is an example of-- मध्यमपुरुष /उत्तमपुरुष/none
6. Number of Samskrta letters in IAST having diacritic marks in all are
7. The उच्चारणस्थान sutra for अनुनासिकs is
8. भूतकाल means tense. (past/present/future)
9. a) भ्रमथ b) भ्रमन्ति c) भ्रमामि are मध्यमपुरुष, प्रथमपुरुष, उत्तमपुरुष forms of भ्रम् respectively.
10. Write the letters श, ष, स in IAST.

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

10 *02 =20 Marks

11. Tell the अन्तः of the following words- a) रवि, b) मीरा, c) शिव, d) वेणु
12. Write the आनुपूर्वी of the any two words of your choice.
13. How many वचनs are there? What are they?
14. मुकुन्दः नगरं व्रजति- write the full sentence in द्विवचन..
15. Write the द्वितीयाविभक्ति 3 वचनs of any अकारान्त-क्लीब(नपुंसकलिङ्ग) शब्द.
16. ऋ टु मूर्धा। (fill the blank)
17. + = क्रियापदम् (fill the blanks)
18. Write the तृतीया विभक्ति forms in three वचनs of राम शब्द.
19. Write the following words in देवनागरी- a) śaṅkaraḥ b) śaṣṭhī
20. उ पूष..... ओष्ठौ। (fill the blank)
21. Write the पञ्चमी विभक्ति forms in three वचनs of शाला शब्द..
22. Write all the गुणिताक्षरs for any two संयुक्ताक्षरs – श्व, ज्ञ, त्र, क्य.

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

23. Write the following shloka in IAST-
अखण्डमण्डलाकारं व्याप्तं येन चराचरम् ।
तत्पदं दर्शितं येन तस्मै श्रीगुरवे नमः ॥
24. Write the योगगणपतिमूलमन्त्र (of प्रार्थना मिलन) fully.
25. Write the विवेकानन्दप्रार्थना (of प्रार्थना मिलन) fully.
26. Write all the अवर्गीय letters present in वर्णमाला in देवनागरी।
27. Write the first stanza of वन्दे मातरम् song (of प्रार्थना मिलन).
28. Write all the अल्पप्राण letters present in वर्णमाला in देवनागरी।
29. Write all the वर्गपञ्चम letters present in वर्णमाला in देवनागरी।
30. Write the वर्णमाला in IAST fully.

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 राधा शब्द.
32. Write all the declensions or forms (7+1*3 table) of वस्त्र शब्द.
33. Write all the conjugations or forms (3*3 table) of वद् = 'to speak', and write the meaning of each form.
34. What are व्यञ्जनस and their kinds? Explain fully with examples.
35. What is a prātipadikam? How does it become a śabda/nāmapada? Explain with 2 examples.
36. Write all the उच्चारणस्थानसूत्रs अकुह etc

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
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Program: BSc (Yoga Therapy)
Subject Name: Human Anatomy & Physiology
Sem Period: August, 2024 to December, 2024
Date: 16.12.2024
Examination Mode: Regular

Semester: 1st Semester
Subject Code: BSYTT 104
Batch: August, 2024
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. _____ is the basic unit of body
 - a. Cell
 - b. Organ
 - c. Tissue
 - d. Organ System
2. Group of cells are called as _____
 - a. Organs
 - b. Liver
 - c. Tissue
 - d. Muscles
3. Sutural bone is seen in
 - a. Clavicle
 - b. Femur
 - c. Tarsal
 - d. Skull
4. Forearm bones are
 - a. 2
 - b. 3
 - c. 4
 - d. 5
5. Largest sesamoid bone in the body
 - a. Skull
 - b. Patella
 - c. Tibia
 - d. Scapula
6. The only bone which is horizontal in the body is
 - a. Femur
 - b. Humerus
 - c. Clavicle
 - d. Sacrum
7. Quadricep muscle is found in _____
 - a. Gluteal region
 - b. Back of the thigh
 - c. Front of the thigh
 - d. Pelvic region
8. The important fluid connective tissue is
 - a. Blood
 - b. Lymph
 - c. Liver
 - d. Bone
9. The largest gland in the body is
 - a. Spleen
 - b. Thymus
 - c. Heart
 - d. Liver
10. Concepts of anatomy of Yoga are _____
 - a. 3
 - b. 5
 - c. 4
 - d. 6

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

11. Concept of Bregma in Yoga
12. Name the classification of Tissues
13. Enumerate Carpel bones
14. Name the first two vertebrae's C1 and C2
15. Floating ribs
16. Name gluteal muscles
17. Name any two muscles of the back
18. Name two glands situated in the skull
19. Name any two chakras and glands connected to them
20. Name the Chambers of heart
21. Enumerate the lobes in right and left lungs
22. Name two Anterior chest muscles

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

23. Name the bones of upper extremities
24. Explain the organs of expiratory system
25. Glands and Chakras
26. Quadrants of abdomen
27. Epithelial tissues
28. Classification of bones
29. Components of blood
30. Homeostasis

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

31. Explain with diagram structure of cell and its component in detail.
32. Explain with neat diagram the structure of heart and its functions in detail
33. Explain with neat diagram the respiratory system and its philosophy
34. Explain in detail with neat diagram the skeletal system of human body and its philosophy connecting to Yoga
35. Explain the concept of anatomy of Yoga in detail
36. Explain in detail the digestive system with neat diagram and its Philosophy