

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)

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

Program: BSc (YT)
Subject: Applied Yoga
Sem Period: Aug, 2021 – Dec, 2021
Date: 14th Dec, 2021
Examination Mode: Regular

Semester: 5th Sem
Subject Code: BSYTT 602
Batch: Aug, 2019
Time: 09.30 am to 12.30 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:

Fill in the Blanks (Attempt All)

10*1=10 Marks

1. Osteopenia is very common in
2. One of the objectives of school health service is the prevention of
3. Learning by doing various physical activities is
4. or loss of appetite may be due to physiological or psychological reasons.
5. One of theof school health service is promotion of positive health.
6. Physical education is a health and education activity directly connected to the
7. Main key of raja yoga “the path of self-control” is
8. is the process of gaining knowledge, skills and attitudes, mainly through physical activity
9. “No achievement is possible for the” – Swami Vivekananda.
10. According to yoga “Stress is speed of

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

11. Write any two goals of physical education.
12. Define Physical education according to various peoples.
13. Define Health according to WHO.

14. Define Aging.
15. What is Eustress? Please explain.
16. What are the main aims of School Health Services?
17. Write few practices for improving Respiratory system during old age.
18. Why most of the psychosomatic disease start in Manomaya kosha ?
19. Write the steps of cycle meditation.
20. Discuss any three components of Physical Fitness
21. Write any two quotations of Swami Vivekananda on Strength.

Short Essay: (Attempt any Six) – 5 Marks for each Question 6* 5 = 30 Marks

22. According to sage Patanjali what is Kalesha? Please Explain.
23. Write a short note on "role of yoga in the promotion of skills in IT professionals".
24. Write a note on common geriatric problems.
25. How Yoga is helpful in prevention and cure of sports injuries?
26. Explain how yoga helps in old age?
27. What is bhakti yoga?
28. Explain Role of Teachers in a School Health.

Long Essay: (Attempt any Four) – 10 Marks for each Question 4* 10 =40 Marks

29. Define sports and make a detailed Yoga Module for Swimming.
30. Explain in detail the Role of Yoga in development of Physical Fitness
31. Explain about the Physiological Changes on different Systems of Body associated with Aging.
32. Research reviews on "effect of yoga on children".
33. What is SMET? Write in detail about SMET.

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

Program: BSc (YT)
Subject: Hitopadesha
Sem Period: Aug, 2021 – Dec, 2021
Date: 04, Dec, 2021
Examination Mode: Regular

Semester: 5th Sem
Subject Code: BSYTTE2 501
Batch: Aug, 2019
Time: 09.30 am to 12.30 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:

Fill in the Blanks/Multiple Choice Questions (Attempt All) 10*1=10 Marks

1. Hitopadesha begins with a prayer to
a. Shiva b. Vishnu c. Ganesha
2. Hitopadesha is written by _____
3. Hitopadesha belongs to _____ AD
4. The Hitopadesha was written on the banks of the river _____
5. Hitopadesha has _____ number of stories
6. The language in which the original Hitopadesha is written is
a. Hindi b. Malayalam c. Sanskrit
7. Hitopadesha has many animal characters in the stories – name any two of them
8. Name the story of the serpent named ‘Manda-visarpa’
9. Who are the two characters in the story ‘The man who sacrificed his own son’
a. Sudraka and Vira-vira.
b. Sweta and Viraja
10. Write the name of a mountain mentioned in Hitopadesha.

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

11. Discuss the usefulness of Hitopadesha with suitable examples.
12. Write the titles of any two stories of your choice
13. A good friend is very important - Explain

14. Mention any two rivers that are mentioned in the stories of Hitopadesha.
15. Write a note on the story of the 'The Blue Jackal'
16. The deer appears in many stories. Write about a deer in one of the stories.
17. Mention a story with peacock from the stories of Hitopadesha.
18. Which ancient Sanskrit classic is an inspiration for Hitopadesha?
19. Explain the meaning of the word 'Hitopadesha'
20. Write a note on the story of the 'The Mouse and the Hermit'
21. Explain one moral from the Hitopadesha.

Short Essay: (Attempt any Six) – 5 Marks for each Question 6* 5 = 30 Marks

22. 'Fable is a literary genre' - Explain
23. Friends play an important role in everybody's life - Write an essay with suitable examples
24. Hitopadesha has four divisions – Mention them.
25. Explain the dangers of 'gossip', with an example from the stories of Hitopadesha
26. Explain the concept of 'enemy' according to Hitopadesha
27. Write an essay on 'lion' in the stories of Hitopadesha
28. With an example of a story write about 'The three fish'

Long Essay: (Attempt any Four) – 10 Marks for each Question 4* 10 =40 Marks

29. Explain the significance of Vidya as explained in the Hitopadesha
30. With suitable examples describe the story of the 'Ass dressed in the tiger's skin'
31. Explain the background of why the Hitopadesha was written
32. Write about the any two birds in the stories of Hitopadesha and explain about their characteristics.
33. Write in detail one story of your choice and explain the moral of the story.

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

Program: BSc (YT)

Subject: Introduction to Shad Darshana

Sem Period: Aug, 2021 – Dec, 2021

Date: 04 Dec, 2021

Examination Mode: Regular

Semester: 5th Sem

Subject Code: BSYTTE1 501

Batch: Aug, 2019

Time: 09.30 am to 12.30 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:

Fill in the Blanks (Attempt All)

10*1=10 Marks

1. The word Darshana means _____
2. Acharya of Nyaya dharshana _____
3. Author of Yoga Dharshana _____
4. Drushyate anena iti _____
5. Four atoms combine and form _____
6. Acharya of Uttara Mimamsa _____
7. Vishehsa is _____
8. Types of Samanya _____ & _____.
9. The word Veda derived from _____.
10. Evolution of universe is _____

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

11. What is Darshana?
12. Mention the Astika Darshana?
13. What is Pramana?
14. What is Anumana?

15. Mention Pancha Karmendriyas?
16. Systematic division of Vedas?
17. Write the pairs in 6 Darshanas?
18. Explain 3 gunas?
19. Name four Upavedas.
20. Mention the name of the chapters in Patanjali yoga Sutra along with number of sutras in each chapter.
21. What is prasthanatraya?

Short Essay: (Attempt any Six) – 5 Marks for each Question 6* 5 = 30 Marks

22. Difference between Dravya and padharthas?
23. Explain Abhava in detail?
24. What is Darshana explain in detail?
25. Explain Advaita of Shankaracharya.
26. Introduction to Purva mimansa in brief.
27. What is Jeevatma?
28. Briefly explain about the Vedas.

Long Essay: (Attempt any Four) – 10 Marks for each Question 4* 10 = 40 Marks

29. Explain about Sapta Padarthas.
30. Explain Indian philosophic vision and science.
31. Write an overview of Yoga darshana.
32. What is Pramana and explain any four Pramanas.
33. Explain Trigunas and its relationship with evolution of universe.

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)

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

Program: BSc (YT)

Subject: Narada Bhakti Sutras

Sem Period: Aug, 2021 – Dec, 2021

Date: 11th Dec, 2021

Examination Mode: Regular

Semester: 5th Sem

Subject Code: BSYTET1 601

Batch: Aug 2019

Time: 09.30 am to 12.30pm

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:

Fill in the Blanks (Attempt All)

10*1=10 Marks

1. _____ is the divine messenger in the Puranas.
2. Narada Bhakti Sutras comprising of sutras.
3. _____ is known as 'Paaraasharya'.
4. _____ company, by every means, to be shunned (*tyajyah*) only.
5. _____ is indescribable (*anirvacaneeyam*).
6. Secondary Bhakti is _____ kinds.
7. Devotees are of _____ kinds.
8. Artharthin is a devotee of _____ quality / Guna.
9. *Nirodhastu* _____.
10. _____ is of the form of renunciation.

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

10 *2 =20 Marks

11. Narada Bhakti Sutras are divided into chapters. Write the names of the titles of the chapters.
12. Name the works ascribed to the authorship of Sage Narada.
13. According to Sage Narada, Bhakti is categorized to _____ types. Name them.
14. What is Bhakti according to Paaraasharya?
15. How many types of Bhaktas (devotees) are listed in NBS in comparison with BhagavadGita?
16. What is Bhakti in the words of Gargah?

17. Translate in English – “*Saa tu karma-jnana-yogebhyo api adhikataraa*”.
18. Translate in English- “*trisyasya bhaktireva gareeyasi, bhaktireva gareeyasi*”.
19. What is the example given by Sage Narada for ParaBhakti.
20. “*Tasmat sa eva grahya mumukshubhth*”- What is *Sa eva* (that alone) means?
21. “*Svayam phalarupateti Brahmakumarah*”- Translate in English.

Short Essay: (Attempt any Six) – 5 Marks for each Question 6* 5 = 30 Marks

22. Explain Nirodha (renunciation) according to Sage Narada in the first chapter of Narada Bhakti Sutras.
23. Explain the various views of great personalities in describing the characteristics of Bhakti.
24. Explain the view of Sage Narada in describing the characteristics of Bhakti.
25. According to Sage Narada, whose / which company should be avoided by an aspirer of divine love and why?
26. Explain the greatness (fruit / result) of ParaBhakti (ParaBhakti Mahattvam).
27. According to Sage Narada, who goes across (tarati) Maya (the world of senses), explain.
28. Explain about the Mukhya Bhakti and Paraa Bhakti, according to Sage Narada.

Long Essay: (Attempt any Four) – 10 Marks for each Question 4* 10 =40 Marks

29. Explain the nature of Divine Love as described by Sage Narada in the first chapter titled ‘ParaBhaktiSvarupam’.
30. Explain the greatness / characteristics of primary devotees (Mukhya Bhaktas) according to Sage Narada (fifth chapter).
31. Summarize the ‘description of intrinsic nature of love’, explained in the fourth chapter titled ‘PremaNirvacanam’.
32. Summarize the essence / message of Narada Bhakti Sutras.
33. Explain the means of spiritual realization (Bhakti Sadhanani).

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)

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

Program: BSc (YT)

Subject: Research Methodology & Statistics

Sem Period: Aug, 2021 – Dec, 2021

Date: 09. Dec, 2021

Examination Mode: Regular

Semester: 5th Sem

Subject Code: BSYTT 503

Batch: Aug, 2019

Time: 09.30 am to 12.30pm

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:

Multiple Choice Questions (Attempt All)

10*1=10 Marks

1. Which of the following is the first step in starting the research process?
 - A. Searching sources of information to locate problem.
 - B. Survey of related literature
 - C. Identification of problem
 - D. Searching for solutions to the problem
2. Questionnaire is a :
 - A. Research method
 - B. Measurement technique
 - C. Tool for data collection
 - D. Data analysis technique
3. "Controlled Group" is a term used in.....
 - A. Survey research
 - B. Historical research
 - C. Experimental research
 - D. Descriptive research
4. Which term best describes the accuracy of procedures, research instruments and test?
 - A. Reliability
 - B. Validity
 - C. Correlation
 - D. Variance

5. Which of the following is NOT the method of research?
- A. Observation
 - B. Historical
 - C. Survey
 - D. Philosophical
6. Which of the following is an example of a random sampling method?
- A. Systematic Sampling
 - B. Convenience Sampling
 - C. Purposive Sampling
 - D. None of the above
7. is a way to systematically solve the research problem.
- A. Sampling
 - B. Research Methodology
 - C. Scientific Method
 - D. Field Experiment
8. Mean, Median and Mode are
- A. Central Tendency
 - B. Standard Error
 - C. Bell-shaped Curve
 - D. Measure of Control Tendency
9. What is a hypothesis
- A. Tentative statement that needs a validity test
 - B. A factual statement
 - C. Past experiences-based supposition
 - D. All of the above
10. Following are the properties of a normal distribution
- A. Mean, Median, Mode are equal
 - B. It can be described by two parameters; mean and standard deviation
 - C. Shape of the distribution is symmetrical
 - D. All of the above

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

10 *2 =20 Marks

11. Write the full form of PDF, URL.
12. What are the types of variables?
13. Define Kurtosis.
14. What are the measures of dispersion?
15. What are the Steps involved in Research Process?
16. What is Applied research?
17. What is Scatter-plot.
18. Why research is required in Yoga.
19. What is Descriptive statistics?
20. What is systematic sample?
21. What is snowball sampling?

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

6* 5 = 30 Marks

22. What are measures of dispersion? Calculate the values for measures of dispersion of **71,88,86,81,86,73,82**.
23. Explain and draw a Bar-graph illustrating with an example.
24. Write short notes on probability Sampling.
25. Write the advantages and disadvantages of the randomized controlled studies?
26. What are measures of central tendency? Calculate the values for measures of central tendency of **84,70,77,71,80,84,73**.
27. Explain about Experimental and Non-experimental design.
28. What are types of level of measurement? Provide example of each type of data.

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

4* 10 =40 Marks

29. What is Research? Discuss various types of research.
30. Find out the measure of central tendency? Plot a frequency graph for the following data
$$X = \{7, 8, 5, 9, 7, 5, 9, 8, 9, 5, 6, 7, 7, 4, 8, 10\}.$$
31. Explain research process in detail [steps in experimental research].
32. Explain in details about reporting the Research (Order of Dissertation).
33. Write a detailed note on Validity and Reliability with examples.

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)

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

Program: BSc (YT)

Subject: Yoga and Human Consciousness

Sem Period: Aug, 2021 – Dec, 2021

Date: 7th Dec, 2021

Examination Mode: Regular

Semester: 5th Sem

Subject Code: BSYTT 502

Batch: Aug, 2019

Time: 09.30 am to 12.30 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:

Fill in the Blanks/Multiple Choice Questions (Attempt All) 10*1=10 Marks

1. The word 'psychology' has its origin in two Greek words _____ and _____
2. The main unit of investigation in psychology is the individual _____
3. Psychology is the study of _____, _____, _____, and _____.
4. _____ helps us acquiring new knowledge and skills through experience and practice.
5. Wilhelm Wundt established the first experimental _____ at the University of Leipzig, in Germany.
6. From where did Gestalt theory originate?
7. When did Gestalt theory originate?
8. Explain the meaning of the word Gestalt.
9. Is it possible to get rid of illusion?
10. Give an example of illusion.

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

11. Give definition of attention by Sharma R N.
12. Give definition of attention by Dumville.
13. Give the meaning of illusion.
14. Give the meaning of perception.

15. Give the meaning of sensation.
16. Give the meaning of attention.
17. What are the two determinants of attention?
18. State the internal determinants of attention.
19. State the external determinants of attention.
20. Define learning.
21. Define the term psychology and mention at least 2 fields of Psychology.

Short Essay: (Attempt any Six) – 5 Marks for each Question 6* 5 = 30 Marks

22. Explain Learning and its four theories.
23. Explain psycho analytic learning.
24. Explain Id, ego and superego.
25. Give the definition of behaviour and its types along with positive and negative terms connected to them.
26. Give at least five everyday examples to explain classical conditioning.
27. Explain the scope of psychology
28. Explain the basic psychological processes.

Long Essay: (Attempt any Four) – 10 Marks for each Question 4* 10 =40 Marks

29. Define the term Psychology and bring out the scope of psychology.
30. Explain the Classical and Operant Conditioning.
31. Explain the Psychoanalytic Model.
32. Definition of Behaviour and its Types.
33. Explain in detail the Cognitive and Affective Aspects.

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

Program: BSc (YT) **Semester:** 5th Sem
Subject: Yoga Psychology and Counselling **Subject Code:** BSYTET2 601
Sem Period: Aug, 2021 – Dec, 2021 **Batch:** Aug, 2019
Date: 11th Dec, 2021 **Time:** 09.30 am to 12.30pm
Examination Mode: Regular **Max. Marks:** 100

General Instructions:

Reg No:

1. Read all the questions carefully and then start writing
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Fill in the Blanks/Multiple Choice Questions (Attempt All) 10*1=10 Marks

1. is right knowledge
2. is attachment
3. involves relaxation in therapy
4. Is the type of counselling, where client also involves
5. Sleep is full of
6. Time out technique is used in
7. Catharsis means.....
8. is mental laziness
9. Mind which is concentrated some time and wandering sometime is.....
10. Cause for klesha is.....

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

11. What is counselling?
12. What is the purpose of behaviour therapy?
13. What is Abhyasa?
14. What is Abhinevesha?

15. What is Alabdhabhumikatva?
16. What is covert sensitization?
17. What is restitution?
18. What is extinction?
19. What is smriti?
20. What is assertiveness training?
21. What is Contingency contracting?

Short Essay: (Attempt any Six) – 5 Marks for each Question 6* 5 = 30 Marks

22. Write the types of counselling
23. Explain the method to purify the emotions
24. Write the required qualities of counsellor
25. Write the steps of counselling
26. Explain systemic desensitization technique
27. Write the indications of behaviour therapy
28. Write about types of chitta
29. Write about mind reading

Long Essay: (Attempt any Four) – 10 Marks for each Question 4* 10 =40 Marks

30. Explain Astanga Yoga
31. Explain different counselling techniques
32. Explain chittaviskhepas
33. Explain concept of disease in Yoga vashitha
34. Explain four avasthas of consciousness