

MSc YT

1st Semester

Batch – September, 2024

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

Program: MSc (Yoga Therapy)
Subject Name: Anatomy & Physiology
Sem Period: September, 2024 – February, 2025
Date: 13.02.2025
Examination Mode: Regular

Semester: 1st Semester
Subject Code: MSYTT 102
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:

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

10 *02 =20 Marks

1. Golgi complex
2. Pelvic bone
3. SA Node and AV node
4. Alveoli
5. Sphincters of esophagus
6. Short note on location and structure of Pituitary
7. What are the Unique Characteristic of Neuron?
8. Short note on lacrimal gland
9. Melatonin
10. Spermatogenesis
11. Stress hormones
12. Leukocytes

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

08 *05 =40 Marks

13. Explain the structure of cell membrane in detail
14. Explain the types of contractions with example for each
15. Explain cardiac cycle in detail
16. Structure and function of liver
17. Write about the glucocorticoids
18. Short note on Cerebellum
19. Explain about the accessory structures of the eye
20. Explain types of synovial joints in detail
21. Write a short note on the effects of pranayama on human body
22. Explain the physiology of oxytocin

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

04* 10 =40 Marks

23. Write the brief history of Anatomy
24. Write in detail about Axial skeleton and add a note on each bone
25. Explain the hormones of adrenal cortex
26. Explain the structure of brain
27. Explain the Structure of kidney and nephron with diagram
28. Explain the structure of uterus and fallopian tube in detail



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Program: MSc (Yoga Therapy)
Subject Name: Hatha Yoga Pradipika
Sem Period: September, 2024 – February, 2025
Date: 22.02.2025
Examination Mode: Regular

Semester: 1st Semester
Subject Code: MSYTT 105
Batch: September, 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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Reg No:

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

10 *02 =20 Marks

1. What are the misconceptions of Hatha yoga?
2. What is Mitahara?
3. Explain the word HATHA
4. Which are the three folds of Pranayama?
5. Difference between Vyaghra kriya and Kunja
6. Explain relationship between Hatha Yoga and Raja Yoga
7. How many sadhaka tattvas (causes of success) are mentioned in HYP and enlist them?
8. What is Unmani avasta?
9. Enlist the ten Mudras
10. Explain Gajakarani
11. What are the three main benefits of Asana?
12. Enlist Ashta Siddhis.

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

08 *05 =40 Marks

13. Explain briefly ten Niyama's mentioned in HYP.
14. Explain the concept of Matha, Rules & Regulations to be followed by the Hatha Yoga Practitioner
15. Explain Sahita and Kevala Kumbhakas
16. Why Siddhasana is considered as best asana in HYP?
17. How mind and prana are connected? Justify it.
18. Nada as tool to control Mind with illustration.
19. Explain Shambhavi Mudra
20. Explain the highest state through the analogy of Jar-ocean and camphor-salt.
21. Explain three Ghranthis.
22. Write a short note on khechari mudra from HYP?

23. Explain in detail about four best asanas according to Hatha Yoga Pradipika..
24. Explain the steps to perform Padmasana and its variation. Also mention its significance and benefits as mentioned HYP
25. Explain any five Kumbhakas according to HYP.
26. Explain any five Mudras according to HYP.
27. Explain in detail about Shodhana kriyas from HYP.
28. Define Samadhi and Four stages of Naadanusandhana as described in HYP.



Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
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Program: MSc (Yoga Therapy)
Subject Name: Research Methodology
Sem Period: September, 2024 – February, 2025
Date: 18.02.2025
Examination Mode: Regular

Semester: 1st Semester
Subject Code: MSYTT 101
Batch: September, 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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Short Notes (Attempt any Ten) – 2 Marks for each Question

10 *02 =20 Marks

1. What is plagiarism?
2. What is Nominal scale?
3. What is publication ethics?
4. What are levels of measurement?
5. What is snowball sampling?
6. What is Selection bias?
7. What is Test-Retest Reliability?
8. What is placebo effect?
9. What is Cronbach's alpha?
10. What is Inferential statistics?
11. Write the statements of Central Limit Theorem
12. When repeated measures of ANOVA is done?

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

08 *05 =40 Marks

13. What is Literature Review? What is Ancient & Scientific Literature Review? Explain various online and offline sources of literature
14. Explain Scales of measurement
15. Explain methods of controlling bias in Research
16. Explain categorical and continuous variables
17. Distinguish between correlational and cross-sectional designs
18. Write about different kinds of bias
19. Distinguish between retrospective and prospective designs.
20. Explain types of statistics
21. Explain measure of central tendency.
22. Explain Correlation tests.

23. Describe in detail the process of research
24. Describe in detail with suitable examples the various data collection methods
25. Write a detailed note on Validity and Reliability with examples.
26. Design an experimental, to answer the research question "What are the effects of Right and Left nostril breathing on memory. Explain sampling, methods of controlling biases, variables and design
27. What are measures of central tendency? Find out the measure of central tendency for the following data
 $X = \{7, 8, 5, 9, 7, 5, 9, 8, 9, 5, 6, 7, 7, 4, 8, 10\}$
28. Explain various statistical tests based on different designs



Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
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Program: MSc (Yoga Therapy)
Subject Name: Sanskrita Bhasha Vijnanam
Sem Period: September, 2024 – February, 2025
Date: 15.02.2025
Examination Mode: Regular

Semester: 1st Semester
Subject Code: MSYTT 103
Batch: August, 2024
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 the आनुपूर्वी of the following words- a) अन्तर्यामी b) ज्यौतिषम्
2. Write the IAST of the following- आरोग्यं भास्करादिच्छेत् ।
3. Write the words from the following आनुपूर्वी-
य+उ, क+त्+आ, ह+आ, र्+अ व+इ, ह+आ, र्+अ, स+य+अ
क+अ, र्+म्+अ, ण+य+ए, व्+आ, ध+इ, क्+आ, र्+अ, स+त्, ए
4. How many लिङ्गs are there? What are they?
5. Write the संयुक्ताक्षरs of the following-
a) क्+व्+अ, b) स+त्+र्+ई, c) न्+य्+अ d) ग्+ल्+अ
6. Write the षष्ठी विभक्ति forms in three वचनs of वधू (ऊ-स्त्री) शब्द.
7. धेनवः तृणानि खादन्ति- Tell the विभक्तis of the nouns and पुरुष of the verb.
8. Write the द्वितीयाविभक्ति 3 वचनs of any अकारान्त-क्लीब (नपुंसकलिङ्ग) शब्द.
9. इ चु..... तालु। (fill the blank).
10. ल तु..... दन्तः। (fill the blank)
11. ए..... कण्ठतालु। ओ..... कण्ठोष्ठम्। (fill the blanks)
12. + = पदम् (fill the blanks)

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

08 *05 =40 Marks

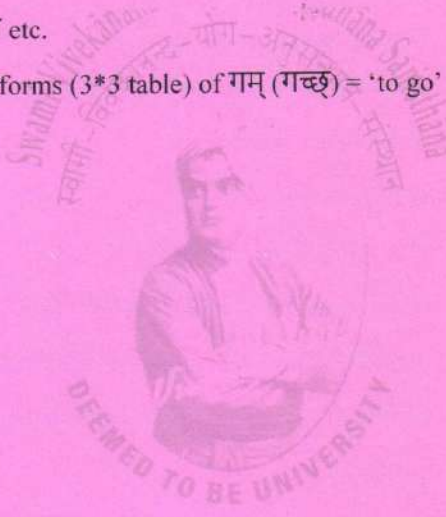
13. Write the विवेकानन्दप्रार्थना (of प्रार्थना मिलन) fully in Devanagari.
14. Write the names and English equivalents of vibhaktis.
15. Write the meaning of śloka
नमोऽस्तु रामाय सलक्ष्मणाय देव्यै च तस्यै जनकात्मजायै।
नमोऽस्तु रुद्रेन्द्रयमानिलेभ्यो नमोऽस्तु चन्द्रार्कमरुद्गणेभ्यः ॥5.13.59॥
16. Write a short note on प्रकृति-प्रत्यय (prakṛti pratyaya) concept.
17. Write a short note on पाणिनीय विभक्ति प्रत्ययs pāṇinīya vibhakti pratyayas

18. Write a short note on वर्णान्ति (varṇānta) concept
19. Write a short note on उपसर्गाः (upasargas) (prefixes)
20. Name the विकरणप्रत्ययसः (vikaraṇapratyaṅgas) of any five dhātugaṇas.
21. Write the names of all the अयोगवाहसः (ayogavāhas) with symbols in देवनागरी (Devanagari) with one example for each.
22. Write the चतुर्थीविभक्ति (caturthī vibhakti) of यद्-शब्द (yad-śabd) in all 3 वचनसः (vacanas) and three लिङ्गसः (liṅgas)

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

04* 10 =40 Marks

23. Explain संयुक्ताक्षरसः (sanyukṭākṣaras) and their types
24. Write all the declensions or nominal forms (7*3 table) of युष्मद् (yuṣmad) शब्द (śabd).
25. Write all the present tense forms (3*3 grid) of the following dhatus- अ) पुष् (puṣ) (4गण) आ) चिन्त् (cint) (10गण)
26. Write all the conjugations or forms (3*3 table) of खाद् (khād) = 'to eat' in present tense and write the meaning of each form.
27. Write all the उच्चारणस्थानसूत्रसः (ucchāraṇasthānasūtras) अकुह (akuh) etc.
28. Write all the conjugations or verbal forms (3*3 table) of गम् (gam) (गच्छ) = 'to go' in past tense and write the meaning of each form.



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Semester: 1st Semester
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Short Notes (Attempt any Ten) – 2 Marks for each Question

10 *02 =20 Marks

1. Write the derivation (*nishpatti*) of the word 'संस्कृतम्'.
2. Who is the father of Samskrita Grammar? What is the name of his work?
3. Name the *Trimunis* (three seers) of Samskrita Grammar?
4. Who is the author of *Vyakarana Mahabhashyam* ? How many chapters are there in it?
5. What are Vowels (स्वराः)? How many Vowels are there in *Samskrita Varnamaala*?
6. What are Consonants (व्यञ्जनानि)? How many Consonants are there in *Samskrita Varnamaala*?
7. *Samskrita Varnamaala* is divided into how many categories? Name them.
8. What are *Jihvamooliyas*? Name them.
9. What are *Vridhhi Varnaas*? Name them.
10. What is the original form *Moola Roopam* of Noun *Naamapadam* in Samskritam?
11. What is the original form *Moola Roopam* of Verb *Kriyapadam* in Samskritam?
12. In "इको यणचि ।" - write the alphabets included in 'यण्' and 'इक्'

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

08 *05 =40 Marks

13. Write *Samskrita varnamaala* संस्कृत-वर्णमाला (Sanskrit alphabets) in *Devanaagari* script.
14. What are Harsh consonants *Karkasha-Vyanjanaani* ? Write them all in *Devanaagari* script.
15. Write all the Verbal forms of 'लिख्' धातुः-लट्लकारः(present tense) and लोट्लकारः:(order/request).
16. Write all the Verbal forms of 'हस्' धातुः - लङ्लकारः (past tense) and लृट्लकारः (future tense).
17. Write all the Verbal forms of 'लभ्' धातुः - लट्लकारः (present tense) and लृट्लकारः (future tense).
18. Write all the Verbal forms of 'पठ्' धातुः - लट्लकारः (present tense) and लृट्लकारः (future tense).
19. Write all the declension forms (शब्दरूपाणि) of masculine gender (पुल्लिङ्ग) of 'किम्' शब्दः ।

20. विग्रहवाक्यं विलिख्य सन्धिनाम लिखत Write the *Vigraha Vaakyam* and name the *Sandhi* for the following (answer any 5).

- (1) विद्यालयः (2) मातृणम् (3) महेशः (4) रामेश्वरः
(5) चक्रैकम् (6) गङ्गौघः (7) अन्तेऽपि (8) यद्यपि

21. समस्तपदं विलिख्य सन्धिनाम लिखत Write the *Samasta-padam* / join the *Sandhi* and name the *Sandhi* for the following (answer any 5).

- (1) देव+आलयः (2) गिरि+ईशः (3) राजा+ऋषिः (4) चन्द्र+उदयः
(5) तदा+एव (6) वन+ओषधिः (7) मधु+अरिः (8) अन्ते+अपि

22. Write time समयः in Sanskrit for the following (answer any 5).

- (1) 2 o'clock plus 15 minutes, (2) 7 o'clock plus 30 minutes, (3) 5 o'clock plus 45 minutes,
(4) 12 o'clock, (5) 1 o'clock plus 10 minutes, (6) 9 o'clock plus 40 minutes
(7) 11 o'clock plus 20 minutes, (8) 4 o'clock 55 minutes

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

04* 10 = 40 Marks

23. What are *Maaheshwara Sutras*? Write all the *Maaheshwara Sutras* in Samskritam (in *Devanaagari* script only).

24. Write all the declension forms (शब्दरूपाणि) of 'लता' शब्दः and masculine gender (पुल्लिङ्ग) declension forms (शब्दरूपाणि) of 'तद्' शब्दः ।

25. Write all the declension forms (शब्दरूपाणि) of 'हरि' and feminine gender (स्त्रीलिङ्ग) of 'किम्' शब्दः।

26. Write all the declension forms (शब्दरूपाणि) of 'गुरु' शब्दः and 'मातृ' शब्दः ।

27. प्रयोगं परिवर्तयत - change the voice of the given sentences (answer any 5 out of 7).

- (1) रामः फलं खादति । (5) बालिकया कथा लिख्यते ।
(2) गीता धनं लभते । (6) पुष्पं विकसति ।
(3) राधा फलं नयति । (7) शिशुना सुप्यते ।
(4) शिष्येण गुरुः वन्द्यते ।

28. Translate the given English sentences to Samskritam (answer any 5 out of 7).

- (1) The horse runs fast.
(2) I cook the food.
(3) My name is Raadhaa.
(4) What is your name (respected Sir)?
(5) The God is everywhere.
(6) The baby drinks milk.
(7) May all live happily forever.

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
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Program: MSc (Yoga Therapy)
Subject Name: Yoga Philosophy
Sem Period: September, 2024 – February, 2025
Date: 20.02.2025
Examination Mode: Regular

Semester: 1st Semester
Subject Code: MSYTT 104
Batch: September, 2024
Time: 09.45 am to 12.45 pm
Max. Marks: 100

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

10 *02 =20 Marks

1. Who classified Vedas?
2. Describe Pranamaya Kosa
3. Mention the Avastatraya
4. List the Nāstika Darśanas
5. Who is the profounder of Vedanta Darsanam?
6. Which is the smallest and which is the largest Upanishad?
7. Define the meaning of the word dharma
8. List any four Dharma sastras
9. Define Moksha
10. List the Upanishads of Krishna Yajurveda
11. Write qualities of Tamas
12. Write any 4 qualities of Atma

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

08 *05 =40 Marks

13. Write a short note on Upavedas
14. Write a short note on Prasthanā Traya
15. Write a short note on Ananda Mīmāṃsā
16. Write a short note on 25 Tattvas
17. Write a short note on 6 Pramanas
18. Write a short note on Jaina Darsanam
19. Write a short note on Carvaka.
20. Describe the way Narada defined Bhakti
21. Describe Karma and Karma Phala.
22. Write a short note on Mimamsa.

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

04* 10 =40 Marks

23. Write note on Karma Kanda & Jnana Kanda
24. Explain Yoga way of life Vs Bhoga way of life
25. Write an essay on Nyaya & Vaisesika Philosophies.
26. Elaborate bhakti in the view of Narada Bhakti Sutras
27. Write an essay on the concept of Yajna
28. Which of the concepts of Yoga Philosophy influenced your life? In which way? Explain elaborately.

