

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: Hatha Yoga Pradipika (IC)
Sem Period: Aug, 2022 – Dec, 2022
Date: 25.11.2022
Examination Mode: Back Paper

Semester: 4th Semester
Subject Code: MSTIC402
Batch: September, 2020
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:

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

1. Who is the author of HYP?
2. HYP is a text book on Yoga shastra or Yoga tantra?
3. Which are the two energies represented in the word Hatha?
4. Write names of any two text books in Hatha yoga other than HYP
5. In total how many shlokas are there in HYP?
6. As per HYP how many asanas are told by lord shiva?
7. Explain the etymology of HATHA?
8. Who is presiding over the devata of mooladhara?
9. Anahata is connected with which granthi?
10. Enumerate Dasha vayus?
11. Enumerate Ashta siddhis?
12. Name ashta kumbhakas?

Short Essay (Attempt any Eight) – 5 Marks for each Question 08 *5 =40 Marks

13. Explain the mangalacharana shloka of HYP?
14. Explain Hatha yoga parampara in short?
15. Explain the sadhaka tattva & badhaka tattva in hatha yoga?
16. Explain the environment of a hatha yogi as per swatmarama?
17. Siddhasana features with shloka & its significance in hatha yoga?
18. Explain the shloka ``chale vaate chale chittam.....'' in short.?
19. Explain hatha siddhi lakshanas in short?
20. Explain in short Aarambha & Ghata avastha?
21. Explain Khechari mudra & its spiritual significance in short?
22. Concept of yama as per HYP?

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

23. Write an essay on Shat karmas and its significance as explained in HYP in detail?
24. Explain in detail the concept of Bandha traya and its significance in kundali jagarana?
25. Write an essay on 4 asanas explained in HYP in detail?
26. Enumerate Dasha mudras & explain in detail any 5 along with spiritual significance?
27. Discuss in detail the role & study of HY texts and its significance in your dissertation topic. Justify?

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Program: MSc (Yoga Therapy)
Subject Name: Integrative Medicine Model (DE)
Sem Period: Aug, 2022 to Dec, 2022
Date: 24.11.2022
Examination Mode: Back Paper

Semester: 4th Semester
Subject Code: MSTDE401
Batch: September, 2020
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:

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

1. Definition of health according to Ayurveda
2. Kavala
3. Purpose of Ayurveda
4. Purvakarma
5. Satvavajaya treatment
6. Kati basti
7. The shaman,shodhana for Pitta
8. Types of Agni
9. Trimalas
10. Effect of mud therapy
11. Indications of spinal spray
12. Hydro therapy packs and indication

Short Essay (Attempt any Eight) – 5 Marks for each Question 08 *5 =40 Marks

13. Write the history of Ayurveda
14. Write the eight branches of Ayurveda.
15. Write about Greeshma rutucharya
16. Write about characteristics of royal physician
17. Write the functions of tridoshas
18. Explain satmya and asatmya
19. Write about the relationship between tridosha and panchamahabhutas
20. Write about the dhatus
21. Write about swashtha raksha panchaka
22. Types of mud and its properties

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

23. Write about prakrti and shadrasas
24. Write about virechana karma vidhi in detail
25. Write about the characteristics of Kapha prakrti person
26. Give your own Yoga and Ayurveda model of treatment for hypertension
27. Principles of Naturopathy
28. Explain different therapies of naturopathy

**Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
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Program: MSc (Yoga Therapy)
Subject Name: Nutrition & Dietetics (DE)
Sem Period: Aug, 2022 to Dec, 2022
Date: 26.11.2022
Examination Mode: Back Paper

Semester: 4th Semester
Subject Code: MSTDE403
Batch: September, 2020
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:

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

1. What is food?
2. What is a balanced diet?
3. What is catabolism?
4. What is calorie requirement?
5. What are the richest sources of Vitamin C?
6. Name any two reasons for the rejection of food by the pre-school children.
7. What is Broka's index?
8. Write about the function of minerals.
9. Explain the dietary rule for CVD.
10. What are the foods which an arthritis patient should consume?
11. Name any two immunological factors of mother's milk.
12. Give the importance of nutrition in the body.

Short Essay (Attempt any Eight) – 5 Marks for each Question 08 *5 =40 Marks

13. What are essential nutrients?
14. Explain RDA. What are the factors affecting RDA?
15. What is BMR? What are the factors which affect BMR?
16. Explain the dietary guidelines for a lactating mother?
17. What is weaning? What are the points to be considered during weaning process?
18. Write about the functions and deficiency of CHO.
19. Classify lipids.
20. Explain the dietary modifications for GI track diseases.
21. Explain the dietary modifications for cancer

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

22. Explain in detail about any two micro nutrients under the following
a. sources and b. significance.
23. Explain the dietary guidelines to be followed during adolescent stage along with the nutritional problems.
24. Explain in brief about the following.
a. Biochemical assessments b. Dietary assessments
25. Explain the nutritional assessments for an infant.
26. Explain the dietary changes which you have to adopt for obesity people.

