

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: Environmental Studies
Sem Period: Aug, 2022 – Dec, 2022
Date: 25.11.2022
Examination Mode: Back Paper

Semester: 2nd Semester
Subject Code: BSYTT 202
Batch: September, 2021
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:

Objective Types (Attempt All) – 1 Mark for each Question **10*01 =10 Marks**

1. From which French word has the word environment been derived?
2. Give another word for biodiversity.
3. Definition of environment.
4. What are endangered species?
5. From which Greek word has the word ecosystem been derived?
6. What are endemic species?
7. What are biotic components?
8. Give the meaning of flood.
9. What is a food chain?
10. Give the meaning of drought.

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

11. What is soil erosion?
12. What are the types of soil erosion?
13. What is desertification?
14. What is deforestation?
15. What is biodiversity?
16. State all the threats to biodiversity.
17. State all the national conflicts over water.
18. State all the international conflicts over water.
19. State the causes of droughts.
20. What are renewable energy resources. Explain with examples.
21. What are non-renewable energy resources. Explain with examples.
22. Explain solar energy as a type of alternative energy source.

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

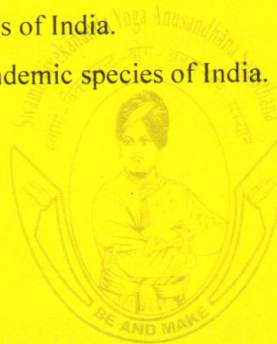
06 *05 =30 Marks

23. Explain the objective of environmental studies.
24. Explain the causes of deforestation
25. Explain the elements of environment.
26. What are the effects of deforestation?
27. Explain the functions of ecosystem.
28. Difference between food chain and food web.
29. Explain land resources and importance of land.
30. Explain the causes of soil erosion.

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

04* 10 =40 Marks

31. Explain the multidisciplinary Nature of environment in detail.
32. Explain types of ecosystem in detail.
33. Describe the causes of land degradation in detail.
34. Explain the biogeographic zones of India.
35. Describe the endangered and endemic species of India.



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Program: BSc (Yoga Therapy)

Subject Name: Essence of Principal Upanishads

Sem Period: Aug, 2022 to Dec, 2022

Date: 26.11.2022

Examination Mode: Back Paper

Semester: 2nd Semester

Subject Code: BSYTT 203

Batch: September, 2021

Time: 09.30 am to 12.30 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. Meaning of Veda
2. Aparavidya
3. Isha
4. Two parts of Vedas
5. Advaita
6. Antiquity of Upanishads
7. Upanishads of Atharvaveda
8. Upanishads of Rigveda
9. Importance of prana
10. Upanishads of Yajurveda
11. Upanishads of samaveda
12. Importance of karma yoga



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

13. Write the three types of philosophy
14. Write the meaning and full mantra 'Hiranmayena patrena'
15. Write about avasthas of consciousness
16. Write about the important concept of kena upanishad
17. Write the second question and answer in prashna upanishad
18. Write the mantra 'Laya sambodhayet..' and meaning
19. Write about the importance of chandogya upanishad
20. Write the simile given for creation in mundaka upanishad
21. Concept of manas in Brahadaranyaka Upanishad
22. Ananda mimamsa in Taittiriya Upanishad

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

23. Write the importance of Panchakosha concept in detail
24. Write the nachiketa story
25. Write about the importance of Prana
26. Write about 'satyameva jayate' with your own interpretation
27. Explain the important concepts of 'Isha Upanishads'
28. Explain the third question and answer in Prashna Upanishad.



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

Program: BSc (Yoga Therapy/Yoga & Vedic Therapy)
Subject Name: Patanjali Yoga Darshana
Sem Period: Aug, 2022 to Dec, 2022
Date: 28.11.2022
Examination Mode: Back Paper

Semester: 2nd Semester
Subject Code: BSYTT204 / BSYVTT204
Batch: September, 2021
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:

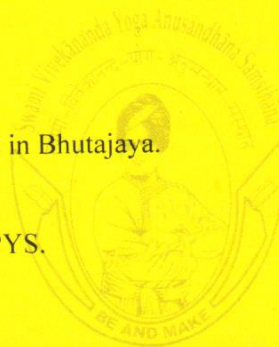
Objective Types (Attempt All) – 1 Mark for each Question **10 *01 =10 Marks**

1. How many types of Yama are described in Patanjali Yoga Sutras?
A. 5
B. 6
C. 8
D. 10
2. Which vritti leads to wrong knowledge?
A. Pramana vritti
B. Nidra vritti
C. Vikalpa vritti
D. Viparyaya vritti
3. Dharana, Dhyana, and Samadhi are means of bahiranga sadhana of _____ Samadhi.
A. Sabija
B. Nirbija
C. Bhakti yoga
D. Nada yoga
4. The result of Ahimsa Mahavratam, as described by Maharshi Patanjali is:
A. Kriya-phala-ashrayatam
B. Vaira-tyaga
C. Sarva-ratna-upasthanam
D. Veerya-laabha
5. How many types of Sampragyata Samadhi are there?
A. 2
B. 3
C. 4
D. 5
6. Which of the following are parts of Niyamas?
A. Ahimsa, Satya, Asteya, Brahamcharya, Aparigraha
B. Ahimsa, Satya, Santosha, Tapa, Aparigraha,
C. Ahimsa, Satya, Santosha, Brahamcharya, Aparigraha
D. Saucha, Santosha, Tapa, Swadhyaya, Ishwara-Pranidhana
7. In which pada the ways to eliminate the kleshas are described?
A. Samadhi pada
B. Sadhana pada
C. Vibhuti pada
D. Kaivalya pada

8. Dvesha follows:
 - A. Dukha
 - B. Sukha
 - C. Punya
 - D. Apunya
9. Samyama on Kurma-naadi leads to
 - A. Sthairyam
 - B. Bhuvana-Jnanam
 - C. Kaaya-vyuha-jnanam
 - D. Balam
10. According to Yogadarshanam, Ishwara is called with this Bijakshara
 - A. Pranava
 - B. Shakti
 - C. Surya
 - D. Chandra

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

11. Five processes to get Siddhis
12. What is Samyama?
13. 5 Vruttis
14. 5 Niyamas
15. Characteristics of "Sutra"
16. Benefits Pranayama
17. What is Kaaya-sampat, explained in Bhutajaya.
18. Vikshepa Sahabhuvas
19. Two ways to overcome vrittis
20. Define Kriya yoga according to PYS.
21. Benefits of Asana.
22. Types of Vairagya



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

23. Explain Ishwara Pranidhana
24. Outcomes of Practicing Niyama.
25. Explain the concept of Pranayama with sutras
26. Explain the siddhi "Bhoota jaya".
27. Explain the concept of abhyāsa and Vairagya according to PYS.
28. Elaborate the sutra: "Yoga Chitta vrutti nirodha".
29. Explain any 10 siddhis listed in Vibhooti paada.
30. Write a short essay on Kleshas

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

31. Discuss Chitta Vikshepas and various techniques to overcome them.
32. Discuss Samprajnata and Asamprajnata samadhis according to Patanjali Maharshi.
33. Explain Sankhya Philosophy and how it is related to Yoga.
34. Explain Antarganga and Bahiranga yoga limbs explained in PYS.
35. Elaborate the Chitta Vruttis, Chitta bhoomis.

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
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Program: BSc (Yoga Therapy)
Subject Name: Samskritam
Sem Period: Aug 2022 – Dec 2022
Date: 24.11.2022
Examination Mode: Back Paper

Semester: 2nd Semester
Subject Code: BSYTT201
Batch: September, 2021
Time: 09.30 am to 12.30 pm
Max. Marks: 100

General Instructions:

1. Read all the questions carefully and then start writing
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Reg No:

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

10 *01 =10 Mark

1. Write 7:45 in *Samskritam* _____.
2. Write number 46 in *Samskritam* _____.
3. Write meaning of following word: दन्तकूर्चः _____.
4. Write *ushma varnas* in *devanagari* script.
5. *Maheswara* aphorisms are also called as _____.
6. Give one example of यण् सन्धिः ।
7. Write मूल स्वरः ।
8. Singular formation of छात्राणि is _____.
9. Meaning of word भेण्डम् is _____.
10. What is *varnoucharansathan* for चवर्ग?

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

10 *02 =20 Marks

11. What is अच् -सन्धिः? Name its types.
12. Mention the names of the days of a week in *Sanskritam*.
13. Write names of any 10 things of daily use in *Sanskritam*.
14. Write the importance of *Sanskritam*.
15. Write sutra for वृद्धि सन्धिः ।
16. Write one word with each of the following alphabets: क्ष त्र ज्ञ ज
17. Give a short introduction about yourself in *Sanskritam*.
18. Name any 5 vegetables in *Sanskritam*.
19. Make one sentence each using words अहम् । सः । सा । एषः ।
20. What are *ayogavahas*? Explain with example.
21. Write the types of व्यञ्जन ।

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

06 *05 =30 Marks

22. Translate the following in *Sanskritam*: 4:00, 4:05, 4:10, 4:15, 4:20, 4:25, 4:30; 4:35, 4:40, 4:45, 4:50, 4:55.
23. What are *kanthya*, *talavya*, *moordhanya*, *dantya* and *oshthya*?
24. Write the numbers from 1 to 30 in *Sanskritam*.
25. Make one sentence each for all nine formations (लट् लकार) of any three verbs of your choice.
26. Write the story of *Panini* with *Maheshwara sutras*.
27. Change the following into plural forms: कटः । चषकः । सूची । लेखनी । द्रोणी ।
28. Mention all the declensions (शब्द रूप) for the given words अस्मद् । युष्मद् ।

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

29. Write the complete *Sanskritam varnmala*.
30. Mention all the 24 declensions (शब्द रूप) for the given words: देव । राम । पत्रम् ।
31. Write conjunct letters combo (consonants+vowels) for these letters: य् ल् ख् च् प् म् ब् न् ज् क्
32. Identify the *dhatu* in the following words and write all 9 variations (लट् लकार): गच्छति । खादति ।
लिखति । जयति । हसति ।
33. Write any five *subhashitas* with word to word meaning and gist in your own words.

