

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: March, 2024 – July, 2024
Date: 23.07.2024
Examination Mode: Back Paper

Semester: 1st Semester
Subject Code: MSYTT 102
Batch: August, 2023
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:

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

10 *02 =20 Marks

1. Define Anatomy and Physiology
2. Name any four long bones
3. Difference between artery and veins
4. Upper and lower respiratory tract
5. Composition of the saliva
6. Short note on location and structure of thyroid
7. Name the different parts of brain.
8. Name the primary center for vision and hearing
9. Parts of kidney
10. Name muscles of the face
11. Types of teeth
12. Parts of neuron

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

08 *05 =40 Marks

13. Write in detail about the active transportation.
14. Explain types of synovial joints in detail.
15. Explain WBC in detail
16. What is external and internal respiration? Write in detail
17. Structure and function of liver
18. Structure and function of pancreas
19. Name the Components of nervous system
20. Short note on structure of inner Ear.
21. Short note on Structure of bladder
22. Explain the physiology of oxytocin

23. What is a tissue? Explain different types of tissues in the human body
24. Explain in structure and function of the salivary gland, Stomach and Small Intestine
25. Explain the Endocrine glands in the body and it's secretions
26. Explain the Components of Urinary System.
27. Explain the menstrual cycle in detail.
28. Explain the physiology of hearing.



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Program: MSc (Yoga Therapy)
Subject Name: Hatha Yoga Pradipika
Sem Period: March, 2024 – July, 2024
Date: 26.07.2024
Examination Mode: Back Paper

Semester: 1st Semester
Subject Code: MSYTT 105
Batch: August, 2023
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:

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

10 *02 =20 Marks

1. Explain the limbs of HYP?
2. How many Sadhaka tattvas (causes of success) are mentioned in HYP what are those?
3. Explain Mitahara
4. Benefits of Pashchimātānāsana
5. Write the Shloka which explains the relationship between Prana (Vata) and Mind (Chitta).
6. How many bandhas are explained in HYP and what are those?
7. Explain Plavini Kumbhaka from HYP?
8. Which sounds are heard at Arambha and Parichaya state of Nadanusandhana?
9. Any four synonyms of Samadhi.
10. Explain the Characteristics of Hermitage according to HYP.
11. Benefits of Neti Kriya according to HYP?
12. What is the goal of Hatha Yoga?

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

08 *05 =40 Marks

13. Explain the concept of Matha, Rules & Regulations to be followed by the Hatha Yoga Practitioner
14. Write a short note on Mayurasana & Simhasana from HYP?
15. Explain Vajroli Mudra
16. Explain concept of Samadhi as mentioned in HYP
17. Explain about Padmasana.
18. Explain the process of NadiShodhana.
19. Explain 3 bandhas in detail from HYP?
20. Explain Shambhavi Mudra
21. Write a short note on any two Kumbhakas from HYP?
22. Write a short note on khechari mudra from HYP?

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

04* 10 =40 Marks

23. What is the relevance of hatha yoga in contemporary times?
24. Explain in detail about 4 best asanas according to Hatha Yoga Pradipika
25. Explain Naadanusandhana as described in HYP
26. Write the gist of HYP and explain its importance in modern scenario
27. Explain the Origin of Hatha Yoga, Hatha Yogic Literature, Hatha Yogic Practices as explained in HYP
28. Explain in detail about Shodhana kriyas from HYP

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
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Program: MSc (Yoga Therapy)
Subject Name: Research Methodology
Sem Period: March, 2024 – July, 2024
Date: 22.07.2024
Examination Mode: Back Paper

Semester: 1st Semester
Subject Code: MSYTT 101
Batch: August, 2023
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:

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

10 *02 =20 Marks

1. Explain the need for research in yoga
2. Write a brief note on online tools for literature review
3. Explain hypothesis and null hypothesis
4. Explain one tailed and two tailed hypothesis
5. Define sampling error
6. Explain features of a good research question
7. Define population and sample
8. Explain descriptive and inferential statistics
9. Explain central limit theorem
10. Define standard error
11. Write a brief note on plagiarism
12. Explain confidence interval

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

08 *05 =40 Marks

13. Explain types of variables - Independent, dependent, confounding variable
14. Explain correlation coefficients
15. Explain mean, median and mode
16. Explain how do we calculates effect size and sample size
17. Explain parametric and non-parametric tests
18. Explain scales of measurement with examples
19. Explain variance and standard deviation
20. Explain t distribution
21. Explain advantages and disadvantages of randomized controlled trials in yoga research
22. Explain methods for controlling bias in research

23. Explain research process in detail?
24. Explain different types of research design.
25. Explain pros and cons of Null hypothesis significance testing?
26. Explain Reliability and Validity.
27. What is the importance of sampling in research? Explain different types of sampling methods.
28. What is bias in research? Explain how to control bias in research?



Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
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Program: MSc (Yoga Therapy)
Subject Name: Sanskrit Bhasha Vijnanam
Sem Period: March, 2024 – July, 2024
Date: 25.07.2024
Examination Mode: Back Paper

Semester: 1st Semester
Subject Code: MSYTT 103
Batch: August, 2023
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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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. How many alphabets are there in Sanskrit language??
2. What are alpa Prana Vyanjanani? Write them
3. What are Mahaprana Vyanjanani? Write them
4. Define Jihvamuliyam and upadmaniyam with examples
5. Name the divisions of Samskrita Varnamala.
6. Write Ka varga and cha varga in Devanagari
7. How many genders are there in samskritam
8. What is kramavachaka shabda
9. Define prepositions (Upasarga). Give 3 examples
10. List out soft consonants-Mruda Vyanjanani
11. What is coalition of letters- sandhi
12. What is Panini's Life time?

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

08 *05 =40 Marks

13. Write present tense, past tense and Future Tense for the verb "खादति".
14. Define Avyayam and give any five examples of it
15. Write the syllables which are origination from lips, dentals, gutturals and mouth
16. Write gunitaksharas for ज, स, ग, न, व
17. Write vargiya and Avargiyya vyanjanas.
18. Write any 5 words with meaning in pullinga, strilinga and Napumsakalinga
19. Write numbers in Sanskrit from 10 to 30
20. Write the origin and pronunciation of Sanskrit letters
21. Write any 5 rules to write samyuktaksharas
22. Write any 2 subhashitas with the meaning

23. Write the declensions of Makaranta kim shabda in 3 genders (kah, kaa and kim)
24. Write the 8 rules of Samyukta akasharas with examples
25. Write the following
 - a. Write the origin and pronunciations of the letter
 - b. Write the concept of Ayogavaha
26. What is the definition of sandhi and write any 4 swara sandhis with examples?
27. Write the declension of shivah, lataa and Phalam Shabdas
28. Write the declension of Raama, Siitaa and Vanam Shabdas



Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
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Program: MSc (Yoga Therapy)
Subject Name: Yoga Philosophy
Sem Period: March, 2024 – July, 2024
Date: 24.07.2024
Examination Mode: Back Paper

Semester: 1st Semester
Subject Code: MSYTT 104
Batch: August, 2023
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. List the Vedangas
2. Mention the types of Karmas according to Vedas.?
3. Describe Pranamaya Kosa.?
4. Define Unit of Manushya Ananda
5. Define Sudra and Kshatriya?
6. Name the Heterodox (Nastika) Darshanas
7. Write qualities of Rajas
8. Write any 4 qualities of Atma
9. What is Quality (guna)? Name them
10. What is Nyaya?
11. Which is the smallest and which is the largest Upanishad?
12. In Taittiriya Upanishad who is the Guru and who is the Disciple?

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

08 *05 =40 Marks

13. What is the benefit of chanting Vedas?
14. Write short notes on Happiness Analysis
15. Write a note on literal meaning of the word Dharma
16. How does Varna ashrama dharma lead an ordinary man to moksha?
17. Write a note on Charvaka philosophy.
18. Who is the founder of Vaisheshika darshana? Write short notes on Vaiseshika.
19. Write short notes on Yajna
20. Write short notes on Gunas according to Gita.
21. Write short notes on Energy model.
22. Write short notes on Atma as described in Upanishads.

23. Write an essay on Jnana Kanda of Vedas.
24. Narrate four wives story and explain the essence of it.
25. Describe consciousness as described in Upanishads
26. Who is a Gunaateeta? Explain, what is the need to go for Gunateeta to Sattva is the best?
27. Which of the concepts of Yoga Philosophy influenced your life? In what way? Elaborate.
28. Write the Upanishad MahaVakyas. Explain on the essence of the Principal Upanishads.

