

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

Program: BSc (Yoga & Vedic Therapy)
Subject Name: Yoga Philosophy
Sem Period: August, 2025- December, 2025
Date: 25.11.2025
Examination Mode: Supplementary

Semester: 2nd Semester
Subject Code: BSYVTT 201
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:

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

10 *01 =10 Marks

1. What is the literal meaning of Dharma?
 - a. Duty
 - b. Karma
 - c. Religion
 - d. Virtue
2. The concept of Gunas is discussed in which text?
 - a. Vedas
 - b. Upanishads
 - c. Bhagavadgita
 - d. Nyaya Sutras
3. What are the two divisions of the Vedas?
 - a. Jnana Kanda and Karma Kanda
 - b. Samhitas and Aranyakas
 - c. Brahmanas and Upanishads
 - d. Prasthana Traya and Prakriyas
4. Which philosophical school discusses the theory of Karma?
 - a. Sankhya
 - b. Nyaya
 - c. Vedanta
 - d. Mimamsa
5. What is the main focus of Mimamsa philosophy?
 - a. Rituals
 - b. Logic
 - c. Yoga
 - d. Devotion
6. What is the significance of 'Prasthana Traya'?
 - a. Three foundational texts of Vedanta
 - b. Four stages of life
 - c. Four goals of human life
 - d. Three Gunas
7. What is 'Ananda Mimamsa' concerned with?
 - a. Analysis of happiness
 - b. Study of rituals
 - c. Concept of duty
 - d. Theory of karma
8. Which Darshana is primarily atheistic?
 - a. Mimamsa
 - b. Charvaka
 - c. Vedanta
 - d. Yoga
9. What is the main quest according to Yoga Philosophy in the Upanishads?
 - a. Wealth
 - b. Power
 - c. Who am I?
 - d. Happiness
10. Which Upanishad is known for the teaching of "Tat Tvam Asi"?
 - a. Chandogya
 - b. Katha
 - c. Mundaka
 - d. Mandukya

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

11. What is Sankhya philosophy
12. Define "Jnana Kanda" and its significance in the Vedas
13. Briefly describe the theory of Karma
14. What is Prasthan Traya?
15. List out the Jnanendria
16. What is Tanmatra
17. Write the properties of Guna.
18. What are the Nastika Darshanas?
19. What is the Vedanga?
20. What is Upaveda?
21. Describe the Panchakosha Viveka.
22. What is the importance of Varna and Ashrama Dharma in Indian philosophy?

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

23. What are the Upanishads and their core principles?
24. Short note on Sapta dhatu
25. Explain Trai-Vidya according to Veda.
26. How do the principles of Yoga in the Upanishads contribute to understanding consciousness?
27. What are the seven padarthas of Vaisheshika philosophy?
28. Explain the Prana and Upprana with their functions
29. Explain in detail the nature of duality
30. Discuss the contributions of Narada Bhakti Sutras to the Bhakti movement.

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

31. Compare the concepts of Dharma and Karma in the context of Vedic and Upanishadic literature
32. Explain the application of Yoga principles in modern-day therapeutic practices.
33. Write in detail about the schools of Vedanta philosophy.
34. Explain the Yoga Philosophy with Chita Bhumi
35. Describe the role of Vedanta in the interpretation of the Vedas and Upanishads.
36. Explain the Karma and its types in details