

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: Yoga Vashistha

Sem Period: Feb, 2022 – July, 2022

Date: 27.06.2022

Examination Mode: Back Paper

Semester: 3rd Semester

Subject Code: BSYTTE1 301

Batch: August, 2019

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:

Fill in the Blanks/Multiple Choice Questions (Attempt All) 10*1=10 Marks

1. Who is Maharshi Valmiki?
 - A. Manasa putra of Brahma
 - B. One among the Saptarshi
 - C. The Kulaguru of the Raghu clan
 - D. All the above
2. Purush and Prakriti are the two main concepts of the philosophy of:
 - A. Vedanta
 - B. Samkhya
 - C. Nyaya
 - D. Vaisheshika
3. In yoga Vashistha chapters are known as
 - A. Khanda
 - B. Vibhakti
 - C. Prakarana
 - D. Upkarana
4. Yoga Vashistha is also known as.....
 - A. Dirgha Ramayana
 - B. Maha Ramayana
 - C. Vashistha Ramayana
 - D. Sampurna Ramayana
5.of the followings is the first chapter of Yoga Vashistha and it describes the state of.....
 - A. Vairagya and dispassion
 - B. Mumukshu and dispassion
 - C. Vairagya and Liberation
 - D. Mumukshu and Liberation
6. Quality of a student for the study of the Yoga Vashistha is.....
 - A. Who is completely in Avidya
 - B. Who is in Moha
 - C. Who is completely ignorant
 - D. Who is neither ignorant nor is the knower of truth
7. The pillar to attain moksha is
 - A. Santosha
 - B. Atma Nivedana
 - C. Vairagya
 - D. Viveka
8. The universe appears to be real through
 - A. Manas
 - B. Vaak
 - C. Meditation
 - D. Realization

9. Yoga Vashistha is a discussion between
- Sage Vishwamitra and Sage Vashistha
 - Sage Vishwamitra and Sri Rama
 - Both A & B
 - None of the above

10.of the followings is the second chapter of Yoga Vashistha and it describes the state of.....
- Vairagya and dispassion
 - Mumukshu and dispassion
 - Vairagya and Liberation
 - Mumukshu and Liberation

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

- Write Invocation prayer (Mangala Charanam) of Yoga Vashistha.
- Explain gist of the story "Bilva Fruit".
- Enlist the Chapters in Yoga-Vashistha.
- Enlist Saadhana-Chatustaya
- Enlist Moksha-dvaaras.
- Enlist 7 Jnana Bhoomikas
- Enlist the 4-layers of each Veda.
- Explain gist of the story "Mitya Purush".
- Enlist Jnanendriyas.
- Who is qualified to study the Yoga Vashistha?
- What questions were disturbing to Sri Rama?

Short Essay: (Attempt any Six) – 5 Marks for each Question 6* 5 = 30 Marks

- Write a Short essay on the Story of "Ikshwaku", according to Nirwarana Prakarana
- Explain the story of "Deceitful Indra" and how it is related to the concept of Utpatti-Prakarana
- Write a Short essay on the Story of "Prahlada", in relation to Upashama Prakarana.
- Write a Short essay on the Story of "Suka", according Mumuksha Prakarana.
- Write a Short essay on the Story of " Daama,Vyaala and Kata".
- Write a Short essay on Rishi Vasiṣṭha.
- Write your understanding about Yoga Vasiṣṭha.

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

- Explain the story of "Karkatee" and how it is related to the concept of Utpatti-Prakarana
- Explain the story of "Sikhidwaja" from Nirvana Prakarana.
- Explain Yoga Philosophy in relation with Sankhya Philosophy.
- Elaborate on Sapta-bhoomikas, as described in Yoga Vashistha.
- Explain the "Story of Shukracharya" from Stithi Prakarana.

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: Methods of Teaching Yoga
Sem Period: February, 2022 – July, 2022
Date: 25.06.2022
Examination Mode: Back Paper

Semester: 3rd Sem
Subject Code: BSYTT 302
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
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Reg No:

Fill in the Blanks/Multiple Choice Questions (Attempt All) 10*1=10 Marks

1. The goal of teaching is
 - a) to give information
 - b) To involve pupils in activities
 - c) To impart knowledge
 - d) Desirable change in behaviour
2. What is Personality Development – Mental Level?
 - a) Fitness of body
 - b) The power of imagination
 - c) A Sharpness in intellect
 - d) Controlling the emotion
3. In Asana Eight step methods Which Step is “Question and Answer Section”
 - a) Step 4
 - b) Step 7
 - c) Step 8
 - d) Step 5
4. In Asana Eight Step methods Which Step is 3rd step?
 - a) Demonstration
 - b) Limitations and benefits
 - c) Individual practice
 - d) None of above
5. In Meditation Eight Step methods, Which step is “ Expansion awareness”
 - a) Step 4
 - b) Step 7
 - c) Step 8
 - d) Step 2
6. In Full Yogic Breathing Which Mudra Is Using
 - a) Chin Mudra
 - b) Chinmaya mudra
 - c) Adi Mudra
 - d) Bramha mudra
7. Which is not true about lesson plan
 - a) It is develops confidence
 - b) It helps in orderly deliver of contents
 - c) It is developed by students
 - d) It saves from haphazard teaching
8. Duration of lessons in macro- lesson plans is
 - a) 5-10 min
 - b) 10-20 min
 - c) 20-30 min
 - d) 35-45 min

9. What is evaluating Learning process?
- Summative Assessment
 - Formative Assessment
 - Systematise Assessment
 - None of Above

10. What is formative assessment
- Evaluate learning needs.
 - Evaluate process of learning
 - Evaluate students strength
 - All of above

Short Notes (Attempt All) – 2 Marks for each Question 10 *2 =20 Marks

- Explain categories of Pranayama
- Name the different teaching methods of Chanting
- Define 'Learning'
- Name the types of 'Multiple intelligence'
- Define the terminology "Teacher"
- Define the terminology "Student"
- What are teaching aids required for teaching 'Vamana Dhouti'
- Write the criteria for assessing for Asana.
- Principles adopted during Asana Practice
- Principles to be adopted during Relaxation techniques.

Short Essay: (Attempt any Six) – 5 Marks for each Question 6* 5 = 30 Marks

- Explain eight steps methods in teaching Asana
- Explain on 'Lecture Method'
- Describe 'Group discussion method'
- Explain 'Role modelling Method'
- A note on class room environment and class room arrangement
- Lesson plan of teaching 'Sutra Neti'
- Explain Assessments of Pranayama'

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

- Explain different key features in class-room management.
- Explain the qualities of a Guru (teacher) and Shishya(student) and the process of teaching and learning in details.
- Explain the four different teaching methods (other than you are attempting in short essays/Previous section).
- Write the precise steps in preparing of a yogic lesson and describe the whole process with an example.
- Explain the formative and summative assessment Procedure with respect to different Yoga activities.

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: Life and Message of Ancient Yoga Masters,
Sem Period: Feb, 2022 – July, 2022
Date: 27.06.2022
Examination Mode: Back Paper

Semester: 3rd Semester
Subject Code: BSYTT 303
Batch: September, 2020
Time: 09.30 am to 12.30pm
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:

Fill in the Blanks (Attempt All)

10*1=10 Marks

1. The 7th incarnation of lord Vishnu _____.
2. Equanimity and self discipline are the qualities of a _____.
3. Dashopanishad is _____ Prasthanas.
4. There are _____ Main Puranas, _____ Upa Puranas.
5. _____ puja was brought by Shankaracharya.
6. Hanumana was the incarnation of _____.
7. Lord Vishnu took 10 incarnations to establish _____.
8. Dwarf form was taken in _____ Avatara by lord Vishnu.
9. Janaka was the king of _____ city.
10. _____, _____ and _____ are the yogis in Maharashtra.

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

10 *2 =20 Marks

11. Define what lifestyle is.
12. Define Yogic vision.
13. Define what is an incarnation is.
14. Name one Yogic texts of each time period.
15. Name the 4 Ages of time as per Sanatan Dharma.
16. List all the incarnations of Paramatman.
17. Name the mountain which severed the purpose of churning the ocean and how it helped.
18. What all did the dwarf covered in his first 2 steps.
19. Name the 4 sons of King Dasharatha.

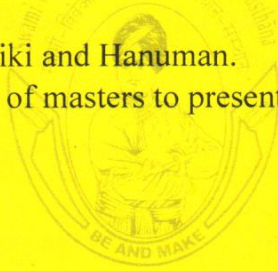
20. Name the parents of Krishna.
21. What is the contribution of Veda Vyasa?

Short Essay: (Attempt any Six) – 5 Marks for each Question 6* 5 = 30 Marks

22. Write a short note on Vedas, the first yogic literatures.
23. Write a short note on Varaha Avatar.
24. Write a short note on Buddha Avatar.
25. Explain the contribution of Swami Vivekananda.
26. Write in brief about Ramana Maharshi.
27. Write in brief about Ram Krishna Paramhansa.
28. Write the story of Prahalad and how through his bhakti, Paramatma himself came to save him.

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

29. Explain about Rama Krishna Paramhansa and Maa Sharada Devi.
30. Explain the basic storyline of first 5 Avatars of Paramatman.
31. Explain how the 10 Incarnations of Paramatman are related with the Darwin's of Evolution.
32. Explain the life of Valmiki and Hanuman.
33. Explain the contribution of masters to present society.



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

Program: BSc (YT)
Subject: Introduction to Vedas & Vedangas
Sem Period: Feb, 2022 – July, 2022
Date: 24.06.2022
Examination Mode: Back Paper

Semester: 3rd Sem
Subject Code: BSYTTE2 301
Batch: September,2020
Time: 09.30 am to 12.30pm
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:

Fill in the Blanks (Attempt All) – 1 Mark Question

10*1=10 Marks

1. The meaning of the root word "Vid" is ____.
2. Yajur Veda Mantras are known as ____.
3. Dama means ____.
4. Shad Sampatti consist of Sama, Dama, Titiksha, _____, _____ and _____.
5. The 4 qualifications for Vedanta are Viveka, _____, _____ and _____.
6. Asteya means ____.
7. The two types of Karmas are ____ and ____.
8. The eyes of the Veda Purusha represent the ____ Vedanga.
9. Titiksha means ____.
10. The 4 goals of Human life consist of Dharma, _____, _____ and Moksha.

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

10 *2 =20 Marks

11. Name the 3 Kandas of the Vedas.
12. Name the 4 Upa Vedas.
13. Define the Naimitya Karma.
14. Define Vaishya Varna.
15. Define Vamaprastha
16. Mention any six Samanya Dharmas.
17. Define Vyakarana Vedanga.
18. Define Shiksha and Kalpa Vedanga.
19. Name the sage who wrote and classified the Vedas.
20. Mention any four Vedic Rishis and two Rishikas.
21. Write the two definitions of Veda.

Short Essay: (Attempt any Six) – 5 Marks for each Question 6* 5 = 30 Marks

22. Write a short note on Samanya Dharma.
23. Mention the concept of Karma with its types and also the Karmaphalas.
24. Explain Varna Dharma.
25. Explain the Ashrams; Vamaprastha and Sanyasa.
26. Explain about Veda Purusha and its connection to Vedanga.
27. Write a short note on Kama and Moksha.
28. Mention any ten misconceptions of Veda.

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

29. Write flow chart of Veda and its other classifications.
30. Explain how Rishi's discovered Veda.
31. Write a note on Upanishad.
32. Explain Samhita, Brahmana, Aranyaka and Upanishad.
33. Write in your own words how this subject helped you to understand our ancient wisdom.



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: Essence of Bhagavad-Gita for Personality Development

Sem Period: February, 2022 – July, 2022

Date: 28.06.2022

Examination Mode: Back Paper

Semester: 3rd Semester

Subject Code: BSYTT 304

Batch: September, 2020

Time: 09.30 am to 12.30pm

Max. Marks: 100

General Instructions:

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

Fill in the Blanks/Multiple Choice Questions (Attempt All) 10*1=10 Marks

1. _____ is popularly called as 'BrahmaVidya'.
2. What is meant by 'Scriptural Trinity' of Indian Philosophy (Bharatiya Vedanta)?
3. Who is the author of BhagavadGita?
4. _____ is known / called as 'Yoga Shastra'.
5. Srimad BhagavadGita is seen in _____ parva of Mahabharatha.
6. Who preaches the BhagavadGita ?
7. Who surrenders and becomes the disciple of Sri Krishna?
8. Who narrates to Dhritarashtra, the preaching of Lord Krishna to Arjuna?
9. How many chapters are there in BhagavadGita?
10. _____ is an epitome (embodiment) of all the scriptures.

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

11. Explain in brief, how all the creatures driven to action by Prakriti.
12. Write the various definitions of Yoga in BhagavadGita.
13. What is the cause for Arjuna's dejection (Vishada)?
14. Write about the Krishna's teachings on Immortality of Atman, Nature of Death.
15. What is the ways of the infirm-in-mind/ way of the Worldly?
16. Write about the nature of the Body in the words of Krishna.
17. What is the result of brooding on the objects of senses?
18. Who is called a hypocrite (Mithyachara)?
19. Explain on 'the Wheel of Life'.

20. According to Sri Krishna, who among the Yogis is the best one?

21. How is 'the Tree of Life' described in BhagavadGita?

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

06* 5 = 30 Marks

22. 'Atman is Super-mundane' - explain.

23. How an aspirant of Liberation (Mumukshu) should perform the Karma / Actions - explain.

24. What according to Sri Krishna, is the fate of the Imperfect Yogi?

25. Explain ways of Worshipping of Saguna Brahman as described in Bhakti Yoga.

26. Explain the Concept of Yajna as described in Karma Yoga in BhagavadGita.

27. Who among the devotees becomes the favourite of the Lord – Explain?

28. Explain the Threefold austerity.

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

4* 10 = 40 Marks

29. Explain the Concept of Sthitaprajna (the Enlightened) in BhagavadGita.

30. Summarize the concept of Karma Yoga taught by Sri Krishna in BhagavadGita.

31. As described by Sri Krishna, what is the origin of Sin?

32. Summarize the teachings of Sri Krishna on Dhyana Yoga / the Yoga of Meditation.

33. Summarize the teachings of Sri Krishna on Bhakti Yoga / the Yoga of Devotion?

