

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: Aug, 2022 to Dec, 2022
Date: 25.11.2022
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
3. Write your registration number on the rectangular space provided here

Reg No:

Fill in the Blanks (Attempt All) – 2 Marks for each Question 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 served 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 y'ogic literatures.
23. Write a short note on Varaha Avatar.
24. Write a short note on Buddha Avatar.
25. Explain the contribution of Swami Vevikananda.
26. Write in brief about Ramana Maharshi.
27. Write in brief about of Ram Krishna Paramhamsa.
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 Paramhamsa 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.

