

**Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)**

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

**Program:** BSc (YT)/ BSc (YC)

**Semester:** 1<sup>st</sup> Sem

**Subject:** Basis of Yoga

**Subject Code:** BSYTT 102/ BSYCT 102

**Semester Period:** Sep, 2020 – Feb, 2021

**Batch:** Sep, 2020

**Date:** 03. Feb, 2021

**Time:** 10AM – 12Noon

**Examination Mode:** Regular

**Total Marks:** 50

**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**

**5\*2= 10 marks**

1. Name two scientists and their inventions.
2. Among the Ten Major Upanishads name which Upanishad have the least number of verses and which have the most.
3. Explain how brahma sutras are written?
4. Give a definition of yoga with shloka and explanation.
5. Name the spectrum of heritage of the Ancient texts in India.

**Short Essay [Answer any Five]**

**4\*5= 20 marks**

6. Define modern physics.
7. Name and briefly explain the 5 modifications of mind according to Patanjali?
8. Describe the four streams of Yoga.
9. What is the direction of life for modern people?
10. Explain the yoga way of life?
11. Explain the process of analysis of happiness?

**Long Essay [Answer any Two]**

**2\*10= 20 marks**

12. Elaborate on the definition of yoga.
13. What is the core of science?
14. Explain the yoga way of life?
15. Explain the process of analysis of happiness?

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

**Program:** BSc (YT)/BSc (YC)

**Subject:** English

**Semester Period:** Sept,2020 – Feb, 2021

**Date:** 01. Feb, 2021

**Examination Mode:** Regular

**Semester:** 1<sup>st</sup> semester

**Subject Code:** BSYTT 101/ BSYCT 101

**Batch:** Sept,2020

**Time:** 10 AM – 12Noon

**Total Marks:** 50

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Reg No:

**Short Notes**

**5\*2= 10 marks**

1. Define Collective Noun with examples
2. Define Common and Proper noun with examples
3. Define Voice and its Types
4. Name any 4 types of Pronouns
5. Define a Reading Skill

**Short Essay [Answer any Five]**

**4\*5= 20 marks**

**6. Rearrange the following to form meaningful sentences to make a readable passage**

(a) really / games and sports / true education / are / for / essential

(b) fit and / the body / games / look active / and / develop / keep it / make a person

(c) evening / dullness / all / an hour's / removes / play / in the

(d) in players / develop / and / games / co-operation / a team-spirit

7. Define Reading and bring out the required skills in Reading
8. Enumerate the Reading Problems
9. Bring out the difference between Academic and Journalism writing
10. List any 5 rules of Capitalization with suitable examples for each
11. Ineffective and Effective Listening Habits

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**Semester:** 1<sup>st</sup> semester

**Subject Code:** BSYTT 101/ BSYCT 101

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**Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)**

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

**Program:** BSc (YT)

**Semester:** 1<sup>st</sup> Sem

**Subject:** Four streams of Yoga

**Subject Code:** BSYTT 103

**Semester Period:** Sep,2020 – Feb,2021

**Batch:** Sep, 2020

**Date:** 05. Feb.2021

**Time:** 10 AM – 12 Noon

**Examination Mode:** Regular

**Total Marks:** 50

**General Instructions:**

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- Read all the questions carefully and then start writing

Reg No:

**Short Notes [Answer all]**

5\*2= 10 marks

1. What are the types of *Bhakta*?
2. Define *Dharana* as per Patanjali (with *shloka*).
3. Define *Satvika Karma* and *Rajasika Karma*.
4. What is *Shraddha*?
5. What is *Viveka*?

**Short Essay [Answer any Five]**

5\*4= 20 marks

6. Explain Asana vs Exercise
7. Explain different aspects of Karma.
8. Draw a schematic (diagram) of Karma Yoga
9. Explain the *sadhana* processes of *Jnana Yoga: Shravan, Manana & Nidhidhyasana*.
10. Explain *Samadhi Sat sampatti*.
11. Explain the following sloka

ध्यायतो विषयान्पुंसः सङ्गस्तेषूपजायते |

सङ्गात्सञ्जायते कामः कामात्क्रोधोऽभिजायते ||

क्रोधाद्भवति सम्मोहः सम्मोहात्स्मृतिविभ्रमः |

स्मृतिभ्रंशाद् बुद्धिनाशो बुद्धिनाशात्प्रणश्यति ||

**Long Essay [Answer any Two]**

2\*10= 20 marks

12. Explain Asana according to Patanjali, its different categories with examples.
13. What is karma? How it binds us. How we can get freedom through *Karma Yoga*?
14. Explain the four states of consciousness.
15. Explain the *Nabadha Bhakti* with examples.

**Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)**

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

**Program:** BSc (YC)

**Subject:** Human Anatomy & Physiology

**Semester Period:** Sep, 2020 – Feb, 2021

**Date:** 09. Feb, 2021

**Examination Mode:** Regular

**Semester:** 1<sup>st</sup> Sem

**Subject Code:** BSYCT 104

**Batch:** Sep, 2020

**Time:** 10 AM – 12 Noon

**Total Marks:** 50

**General Instructions:**

- Write your registration number on the rectangular space provided here
- Do not write anything on the question paper
- Read all the questions carefully and then start writing
- Draw Diagrams Where Ever Necessary.
- Hand Writing Must Be Legible.

Reg No:

**Short Notes [Answer Any Five]**

**5\*2= 10 marks**

1. Cell & Its Contents
2. Name Big Brain & Small Brain
3. Name Location of Kidneys & Its Glands.
4. 9 Quadrants of Abdomen.
5. Blood Pressure Readings & Name the Instrument.
6. Nutrition & Name Vitamins.

**Short Essay [Answer any Five]**

**4\*5= 20 marks**

7. Lungs & Its Breathing Mathematics.
8. Digestive System.
9. Excretory System
10. Reproductive System.
11. Sense Organs & Its Adhyatma

**Long Essay [Answer any Two]**

**2\*10= 20 marks**

12. Enumerate All the Systems of Human Body and Explain Musculo-Skeletal System in Detail Along with Spiritual Significance.
13. Explain Cardiovascular System with A Neat Diagram Along with The Spiritual Concepts Involved in It.
14. Explain Endocrine System in Detail Along with The Concepts of Shat-Chakras.

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**Program:** BSc (YT)/BSc (YC)

**Subject:** Human Anatomy & Physiology

**Semester Period:** Sep, 2020 – Feb, 2021

**Date:** 09.Feb, 2021

**Examination Mode:** Regular

**Semester:** 1<sup>st</sup> Sem

**Subject Code:** BSYTT 104/BSYCT 104

**Batch:** Sep, 2020

**Time:** 10 AM – 12 Noon

**Total Marks:** 50

**General Instructions:**

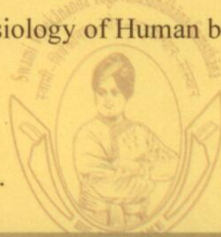
- Write your registration number on the rectangular space provided here
- Do not write anything on the question paper
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Reg No:

**Short Notes [Answer All]**

**5\*2= 10 marks**

1. Write down the name of Blood Compositions.
2. Definition of Anatomy and Physiology of Human body.
3. Name of Hand Bones.
4. Name of Leg bones.
5. Describe about Type of Tissues.



**Short Essay [Answer any Five]**

**5\*4= 20 marks**

6. Write it down about Human Respiratory system.
7. Classification of Nervous System with Expiations.
8. Describe about the Structure and Function of Kidney.
9. Explain about Human anatomical Position and body Movement.
10. Describe about Menstrual Cycle.
11. Write down about Endocrine gland and its Hormones functions.

**Long Essay [Answer any Two]**

**2\*10= 20 marks**

12. Write down the Structure and Function of Cardiovascular System with Diagram.
13. Describe the digestive system.
14. Write the details with Diagram of Skeletal System.
15. Describe about Endocrine Hormones and Female Reproductive System.

**Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)**

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

**Program:** BSc (YC)

**Subject:** Samskritam - 1

**Semester Period:** Sep,2020 – Feb,2021

**Date:** 05. Feb.2021

**Examination Mode:** Regular

**Semester:** 1<sup>st</sup> Sem

**Subject Code:** BSYCT 103

**Batch:** Sep, 2020

**Time:** 10 AM – 12 Noon

**Total Marks:** 50

**General Instructions:**

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- Read all the questions carefully and then start writing

Reg No:

**Short Notes [Answer any Five]**

**5\*2= 10 marks**

1. What is samskritam and why it's called as devabhasha?
2. How many vowels and consonants are there in samskrita varnamala
3. List all anunasika and avargiya letters
4. Example for masculine and feminine noun
5. List all the days of the week in Devanagari
6. Write the timings in Devanagari (10.45 - 6.15)
7. Write all samyuktakshar with example

**Short Essay [Answer any Five]**

**5\*4= 20 marks**

8. Write any five sentences including a noun, pronoun and verb.
9. Write any two nouns in 24 forms
10. Write the numbers 1 to 30 in Devanagari
11. Write the conjunctions letters भ र त (vowels + consonants).
12. Enlist any 10 verbs along with the meaning in devanagari
13. Enlist any 10 materialistic things in Devanagari

**Long Essay [Answer any Two]**

**2\*10= 20 marks**

14. Write Samskrita varnamala with sub divisions
15. Explain all 8 cases with an examples.
16. Write any 5 verses or shantimantra in devanagari and its meaning
17. Write verbal root of पठति in 3 tenses