

SWAMI VIVEKĀNANDA YOGA ANUSANDHĀNA SAMSTHĀNA

स्वामी - विवेकानन्द - योगानुसन्धान - संस्थानम्

A University, established under Section 3 of the UGC Act, 1956
(Eknath Bhavan, # 19, Gavipuram Circle, Kempegowda Nagar, Bangalore 560 019, India)

PGDYT T 102 Anatomy and Physiology and Integrated Approach of Yoga Therapy
(IAYT-2)

DATE: 08.12.2011

Time: 10-1pm

Max. Marks: 100

- I. Describe in detail about any one of the followings: 10*1=10 Marks**
1. Write about appendicular skeleton & different movements
 2. Write about Pituitary gland & its functions
- II. Describe in detail about four of the followings: 5*4=20 Marks**
- a. Describe various physiotherapy exercises
 - b. Describe in details about Female reproductive system
 - c. Give a note on Thyroid gland & its abnormalities
 - d. Write in detail about parts of Eye & mechanism of vision
 - e. Functions of Hypothalamus
 - f. Write about lobes of Brain & their functions
- III. Draw all the following diagrams 5*2=10 Marks**
- A. Draw a diagram of parts of Ear
 - B. Draw the locations of endocrine glands
- IV. Fill in the blanks 1*10=10 Marks**
1. What is Zygote
 2. What is Homeostasis
 3. Connection tube between ear & nose is -
 4. Reaction of Heart with Para sympathetic nerves
 5. Name the first cranial nerve
 6. Function of Thalamus
 7. Function of Cerebellum
 8. Annulus fibrosis is a part of

V. Answer any 2 of the following:

2*10=20 Marks

- a. Explain Diabetes and its yogic management.
- d. Explain Anxiety and Depression and its yogic management.
- e. Explain Back Pain and its yogic management.
- f. Explain Arthritis and its yogic management
- g. Explain Diabetes and its yogic management.

VI. Write Short Notes on any 4 of the following:

4*5=20 Marks

- a. Nasal Allergy
- b. Bipolar -- Maniac Depressive Psychosis
- c. O C D
- d. Cervical spondylosis.
- e. Headache.
- f. Parkinson's disease
- g. P C O D
- h. Pregnancy

VI. Answer the following:

5*2=10 Marks

- c. Which Kriyas would you give if there is high sugar level in Diabetes
- d. Suggest an immediate remedy to relieve Anxiety episodes
- e. Write some practices for depression.
- f. Laghu Shanka Prakshalana.
- g. Explain some Kriyas and their action in Diabetes.
- h. Name some practices of relieve acute back pain.

**PGDYT T 103 Yoga Philosophy & Health and Samskrita
Part I - Samskrita**

Date : 10.12.2011

Time : 10.00 am – 1.00pm

Max. Marks: 100

1. Explain the following Shloka

10 Marks

१. अधरं मधुरं वदनं मधुरं नयनं मधुरं हसितं मधुरम्।
हृदयं मधुरं गमनं मधुरं मधुराधिपतेरखिलं मधुरम्॥
२. गीतं मधुरं पीतं मधुरम् भुक्तं मधुरम् सुप्तं मधुरम्।
रूपं मधुरं तिलकं मधुरम् मधुराधिपतेरखिलं मधुरम्॥

2. Complete the following Verses (ANY TWO)

10 Marks

१. हिरण्मयेन पात्रेण _____
_____ दृष्टये॥
२. प्राणस्येदं _____
_____ न इति॥
३. ब्रह्मार्पणं _____
_____ समाधिना॥
४. कर्मण्येवाधिकारस्ते _____
_____ सङ्गोस्त्वकर्मणि॥

2. Fill in the Blanks

05 Marks

१. वृक्षाणि पत्राणि _____ । (त्यजति, त्यजन्ति, त्यजतः)
२. बालाः _____ खादन्ति । (सुधाखण्डम्, अन्नं, शिलाखण्डम्)
३. बालाः पर्वतं प्रति _____। (पिबन्ति, प्रक्षालयन्ति, धावन्ति)
४. अश्वाः ग्रामेषु तृणं _____ । (चरन्ति, खादन्ति, हसन्ति)
५. कूपं परितः _____ धावन्ति । (बालाः, वृक्षाः, पाठशाला)

3. Translate the following into English

05 Marks

१. सः बालकः।
२. वने पुष्पाणि विकसन्ति ।
३. बालिकाः प्रातःकाले उत्तिष्ठन्ति।
४. तत् वनम्
५. द्राक्षालतायां द्राक्षाः प्ररोहन्ति।

4. एतस्य कोष्ठकस्य आधारेण वाक्यानि लिखतु (ANY FOUR)

02 Marks

पत्रिका patrikā	अत्र atra	अस्ति asti
	तत्र tatra	
	कुत्र kutra	
विद्यालयः vidyālayah	सर्वत्र sarvatra	नास्ति nāsti
	अन्यत्र anyatra	
	एकत्र ekatra	

5. Change the subject and the verb into other two numbers

08 Marks

१. शुकः चरणैः धावति।
२. एषा कर्णाभ्यां आकर्णयति।
३. एषः घ्राणेन जिघ्रति।
४. एषः हस्तेन लिखति।
५. एषः चरणाभ्यां चलति ।
६. एषा नेत्राभ्याम् पश्यति।
७. एषः मुखेन जलं पिबति।
८. एषः चरणेन तिष्ठति।

6. उदाहरणानुसारं अधो लिखित शब्दानां उचित विभक्ति रूपेण रिक्तस्थानानि पूरयन्तु-

05 Marks

उदा: ग्राहकः (आपणः) आपणं गच्छति।

१. प्राध्यापकः (ग्रन्थालयः) _____ गच्छति।
२. धनिकः (वित्तकोषः) _____ गच्छति।
३. बालकः (प्रकोष्ठः) _____ गच्छति।
४. आचार्यः (आश्रमः) _____ गच्छति।
५. अन्तरिक्षयात्रिकः (चन्द्रलोकः) _____ गच्छति।
६. वीरः (स्वर्गः) _____ गच्छति।

कोष्ठकात् उचितक्रियापदरूपेण रिक्तस्थानानि पूरयन्तु -

७. एतौ छात्रौ _____ (पथन्ति, पठति, पठतः, पठन्ति)
८. भवन्तौ _____ (उत्तिष्ठथः, उत्तिष्ठावः, उत्तिष्ठथः, उत्तिष्ठन्ति)
९. यूयं शिष्याः _____ (पृच्छथः, पृच्छन्ति, पृच्छथ, पृच्छन्ति)
१०. तानि पुष्पाणि _____ (विकसामि, विकससि, विकसन्ति, विकसामः)

7. Match the Following

10 Marks

१. प्रथम पुरुष	रामेषु
२. नामपद	रामाय
३. उपसर्ग	लताम्
४. धातु	रामस्य
५. उत्तम पुरुष	राम
६. मध्यम पुरुष	परि
७. षष्ठी विभक्तिः	चर्
८. द्वितीया विभक्तिः	गच्छामः
९. चतुर्थी विभक्तिः	वदसि
१०. सप्तमी विभक्तिः	जयति

8. Conjugate the following words in all the persons पुरुष and numbers वचन.(Any TWO)

05 Marks

१. पठति, २. करिष्यति ३. अलिखत् ४. ददाति

9. Decline the following words in all the विभक्ति's and वचन's. (Any TWO)

10 Marks

१. रामः, २. हरिः, ३. माता, ४. अहम् ५. वनम्
२.

11. Write the meaning of the following words in english

05 Marks

१. पादः २. वेणुः, ३. मयूरः ४. विमानम् ५. अश्वः

13. Write the transliteration of the following in english (Any Five)

05 Marks

गजाननः, मयूरः, सर्पः, अश्वः, पठति, लिखति, वृक्षः

14. Split the sandhi

05 Marks

देवालयः गणेशः वागीशः मध्वरिः नायकः

14. राजेशस्य दिनचर्यं लिखत | (Minimum TEN sentences).

अथवा

Write an essay on मथुराष्टकम् composed by Sri Vallabhacharya

05 Marks

15. Write an essay on necessity of Sanskrit in the study of Yoga

10 Marks

Part II - Yoga Philosophy & Health
(Please write in separate answer Booklet)

I. Fill up the blanks

5 Marks

- a. Write the meaning of this line in the space provided
chale vate chale chittam, nischale vate nischale chittam
- b. This is a quote from the scripture _____
- c. Pranayama has three parts called puraka, _____, and _____.
- d. Stress according to yoga is defined as kamakrodha _____ in Gita
- f. Chandranuloma = inhale _____ nostril; exhale _____ nostril
Chandrabheda = inhale _____ nostril; exhale _____ nostril
Suryanuloma = inhale _____ nostril; exhale _____ nostril
Suryabheda = inhale _____ nostril; exhale _____ nostril
Nadishuddhi = inhale _____ nostril; exhale _____ nostril;
Inhale _____ nostril; exhale _____ nostril

II. Match the following contraindications for

5 Marks

- | | |
|-------------------|------------------|
| 1. kapalabhati | a. Low back pain |
| 2. Sirsasana | b. Epilepsy |
| 3. padahasthasana | c. Hypertension |
| 4. SAVd. | D. Obesity |
| 5. CAV | e. glaucoma |

III Write short notes on any 4

4 X 5 = 20 Marks

- a. Types and uses of dhouti
b. Dharana, Dhyana, samadhi
c. Vrittis
d. Pratyahara and therapy
e. Adrenal gland in stress
f. Cyclic Meditation

III. Yoga for cancer

10 Marks

IV. Complete any two Slokas

10 Marks

1. Tryambakam
-
2. Prajahati Yada.....
-
3. Laye Sambodhayet.....
-

SWAMI VIVEKĀNANDA YOGA ANUSANDHĀNA SAMSTHĀNA

स्वामी - विवेकानन्द - योगानुसन्धान - संस्थानम्

AYUSH

A University, established under Section 3 of the UGC Act, 1956
(Eknath Bhavan, # 19, Gavipuram Circle, Kempegowda Nagar, Bangalore 560 019, India)

PGDYT T 103 AYUSH

Date: 05.12.2011

Time: 10.00 - 01.00pm

Marks:100

Part-I Ayurveda

Instructions to the Candidates:

1. Write **shlokas** wherever necessary
2. Answer must be legible & specific to the questions.
3. **Five marks** for neat & Good presentation

I. Long Essay (ANY TWO ONLY)

10x2=20

1. Explain the concept of Doshas, Dhatus and malaas along with Aama, Agni and ojas in detail.
2. Define knowledge of liquid substances (Drava Dravya Vijnana) in detail.
3. Define Ayurveda and different types of Ayu along with the importance of "Shishya Guna" (Qualities of student).

II. Short Answer (ANY EIGHT)

5x8=40

1. Define "Health" according to acharya sushruta.
2. Explain "VIMSHATI GUNAS" in short with shloka.
3. Explain four limbs of treatment.
4. Hamsodaka and Rutu sandhi.
5. Dosha Rutu sambandha.
6. Explain in short 5 Agrya samgrahas with special significance to sarva sannyasa.
7. Panchakarma.
8. How shareerika and manasika doshas are treated explain with shloka.
9. Write todays panchanga i.e. _____ samvatsara, _____ ayana, _____ Rutu, _____ maasa, _____ paksha, _____ Tithi, _____ Vaara, _____ nakshatra, _____ Yoga and _____ Karma.
10. Explain the shloka कालार्थकर्मणाम् योगो

III. Objective types (ANY TEN ONLY)

1x10=10

1. What are the chaturvidha purusharthas?
2. Tridosha are _____, _____ and _____ they are also called as _____.

J. Jayaram

PGDYT T 101 Anatomy and Physiology

DATE: 06.12.2011

Time: 10-1pm

Marks: 100

I. Describe in detail about any one of the followings: 10*4=40 Marks

1. Brief about Digestive system
2. Write about Renal system & formation of urine
3. Write about appendicular skeleton & different movements
4. Write about Pituitary gland & its functions

II. Describe in detail about four of the followings: 5*8=40 Marks

- a. Composition & importance of Nutrition
- b. Structure & function of the lung
- c. Write a note on T- Lymphocytes
- d. Parameters of circulatory system
- e. Write in detail about structure of the cell
- f. Write about different types of tissues of the body
- g. Write about appendicular skeleton & different movements
- h. Write about Pituitary gland & its functions

III. Draw all the following diagrams 2*5=10 Marks

- a. Draw a diagram of Phagocytosis
- b. Internal structure of the heart
- c. Draw a diagram of parts of Ear
- d. Draw the locations of endocrine glands

IV. Fill in the blanks 10*1=10 Marks

1. Another name of Red Blood Cell –
2. Which artery gives blood to the heart –
3. Name the Vessel coming from right ventricle -
4. Respiratory center is situated in –
5. Normal respiratory rate –
6. Inspiratory muscle is –
7. The door system in pharynx is by –
8. Stored Energy in liver is called as -
9. Average capacity of bladder is –
10. Which minerals are good for the maintenance of bones –

SWAMI VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA
(Declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)

11. What is Zygote
12. What is Homeostasis
13. Connection tube between ear & nose is –
14. Reaction of Heart with Para sympathetic nerves
15. Name the first cranial nerve
16. Function of Thalamus
17. Function of Cerebellum
18. Annulus fibrosis is a part of
19. Total number of ribs
20. Example for Synovial joints

ALL THE BEST

PGDYT T 102 Anatomy and Physiology and Integrated Approach
of Yoga Therapy(IAYT-2)

DATE: 8-12-11

Time: 10-1pm

Marks: 50

I. Describe in detail about any one of the followings: 10*1=10 Marks

1. Write about appendicular skeleton & different movements
2. Write about Pituitary gland & its functions

II. Describe in detail about four of the followings: 5*4=20 Marks

- a. Describe various physiotherapy exercises
- b. Describe in details about Female reproductive system
- c. Give a note on Thyroid gland & its abnormalities
- d. Write in detail about parts of Eye & mechanism of vision
- e. Functions of Hypothalamus
- f. Write about lobes of Brain & their functions

III. Draw all the following diagrams 5*2=10 Marks

- A. Draw a diagram of parts of Ear
- B. Draw the locations of endocrine glands

IV. Fill in the blanks 1*10=10 Marks

1. What is Zygote
2. What is Homeostasis
3. Connection tube between ear & nose is –
4. Reaction of Heart with Para sympathetic nerves
5. Name the first cranial nerve
6. Function of Thalamus
7. Function of Cerebellum
8. Annulus fibrosis is a part of
9. Total number of ribs
10. Example for Synovial joints

SWAMI VIVEKĀNANDA YOGA ANUSANDHĀNA SAMSTHĀNA

स्वामी - विवेकानन्द - योगानुसन्धान - संस्थानम्

A University, established under Section 3 of the UGC Act, 1956
(Eknath Bhavan, # 19, Gavipuram Circle, Kempegowda Nagar, Bangalore 560 019, India)

PGDYT T 101 Anatomy and Physiology and Integrated Approach of Yoga Therapy
(IAYT-1)

DATE: 06.12.2011

Time: 10-1pm

Max. Marks: 100

I. Describe in detail about any one of the followings:

10*1=10 Marks

1. Brief about Digestive system
2. Write about Renal system & formation of urine

II. Describe in detail about four of the followings:

5*4=20 Marks

- a. Composition & importance of Nutrition
- b. Structure & function of the lung
- c. Write a note on T- Lymphocytes
- d. Parameters of circulatory system
- e. Write in detail about structure of the cell
- f. Write about different types of tissues of the body

III. Draw all the following diagrams

5*2=10 Marks

- a. Draw a diagram of Phagocytosis
- b. Internal structure of the heart

I. Fill in the blanks

1*10=10 Marks

1. Another name of Red Blood Cell –
2. Which artery gives blood to the heart –
3. Name the Vessel coming from right ventricle -
4. Respiratory center is situated in –
5. Normal respiratory rate –
6. Inspiratory muscle is –
7. The door system in pharynx is by –
8. Stored Energy in liver is called as -
9. Average capacity of bladder is –
10. Which minerals are good for the maintenance of bones –

V. Answer any 2 of the following:

2*20=20 Marks

- a. Explain Hypertension and Coronary Artery Disease and its yogic management.
- b. Explain Asthma and its yogic management.
- c. Explain Gastritis and its yogic management.

VI. Write Short notes on any 4 of the following:

4*5=20 Marks

- a. Irritable Bowel Syndrome.
- b. Kriyas in Gastritis and their action.
- c. Nasal allergy
- d. Role of Kriyas in Asthma and how it works.
- a. Cancer.
- b. Jala Neti

VII. Answer the following in brief:

5*2=10 Marks

- a. Name some practices of relieve nasal allergy immediately,
- b. Name some practices of to relieve on episode of Asthma.
- c. Vamana Dhauti.
- d. Name Specific practices for Gastritis.
- e. If systolic blood pressure is more than, it is considered as Hypertension.