

BSc YVT

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: Hatha Yoga Pradipika
Sem Period: March, 2024 – July, 2024
Date: 12.07.2024
Examination Mode: Regular

Semester: 6th Semester
Subject Code: BSYVTT 603
Batch: September, 2021
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 Hatha?
2. Who is the author of HYP?
3. Name any one of the Shatkarmas mentioned in the HYP
4. Name one of the three main nadis (energy channels) discussed in HYP
5. What are the four major asanas mentioned in HYP?
6. How many Mudras and explained in HYP?
7. How many Granthis are explained in HYP?
8. How many Sadhaka Tattwas are explained in HYP?
9. How many Badhaka Tattwas are explained in HYP?
10. What is the best Mudra as per HYP?

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

10 *02 =20 Marks

11. Enlist the 10 Yamas mentioned in HYP?
12. Enlist the 10 Niyamas mentioned in HYP?
13. What are the Benefits of Pashchimātānāsana as per HYP?
14. Enlist Hatha Siddhi Lakshan (characteristics once perfection in Hatha Yoga attained)
15. Enlist the Fifteen major asanas according to HYP
16. Enlist eight kumbhakas according to HYP
17. Enlist the ten mudras according to HYP?
18. Write any four synonyms of Sushumna
19. What kind of sounds are heard at Arambha and Parichaya state of Nadanusandhana?
20. Enlist Ashta Siddhis
21. Write any four synonyms of Samadhi.
22. Write the Stages of Nadaanusandhana

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

06 *05 =30 Marks

23. Explain the concept of Matha, Rules & Regulations to be followed by the Hatha Yoga Practitioner
24. Write a short note on khechari mudra from HYP?
25. Explain three bandhas in detail from HYP?
26. Explain Vajroli Mudra
27. Explain significance of Bandhas in Hatha Yoga Sadhana?
28. Explain Shambhavi Mudra.
29. Describe the Nada as tool to control the Mind with illustrations
30. Explain the Concept of Mitahara

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

04* 10 =40 Marks

31. Explain in detail the four major asanas according to HYP.
32. Explain in detail about Shatkriyas as per HYP.
33. Explain any five Kumbhakas according to HYP
34. Explain any five Mudras according to HYP.
35. Describe the Sadhaka (constructive) and Badhaka (destructive) tattva in detail.
36. Define Samadhi and four stages of Naadanusandhana as described in HYP.

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Program: BSc (Yoga & Vedic Therapy)
Subject Name: Introduction to Yajna Therapy
Sem Period: March, 2024 – July, 2024
Date: 15.07.2024
Examination Mode: Regular

Semester: 6th Semester
Subject Code: BSYVTT 604
Batch: September, 2021
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
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Reg No:

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

10 *01 =10 Marks

1. Root word of Yajna
2. Total number of devatas.
3. Which part of the veda talks about yajna.
4. Which agni is used in tantric yajna.
5. Dimensions of agnihotra copper pot.
6. What do you mean by pyramid shaped?
7. Recitation of Gayatri mantra produce _____ sound waves per second.
8. What is biological clock?
9. _____ is a powerful antiseptic.
10. _____ is acknowledged for its conduction of electricity and heat

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

10 *02 =20 Marks

11. Which are the pillars of Indian philosophy and culture.
12. Which Veda has the knowledge of principles and methods of performing yajnas.
13. Which are the two energy systems in physical world.
14. The products of combustion depend on what factors.
15. Importance of cowdung cake.
16. Write about different types of agnis.
17. Different tools which can be used in a yajna study.
18. Why yajna should be performed in sun light.
19. What are the minerals found in Ash.
20. What is Balivaishva.
21. What is the use of cow dung, milk and ghee according to Dr. Shirowich?
22. Write about the effect of yajna on insects and plants.

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

06 *05 =30 Marks

23. Fumigating substances used in yajna.
24. Write short note on purification of environment by yajna.
25. Write notes on Bhopal gas tragedy and yajna.
26. How to perform morning and evening agnihotra.
27. Different types of kundas used in yajna.
28. Role of CO₂ in yajna.
29. Write about subtle aspects of yajna.
30. Write about the path from becoming preyasvi to shreyasvi.

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

04* 10 =40 Marks

31. Write in detail about the 16 priests involved in a shrouta yajna.
32. Write atleast five studies done on yajna. (should include author, journal name, Introduction, Methodology, Discussion, Conclusion).
33. Write about different types of yajna and different types of agnis.
34. Design a research study on yajna with different tools to measure different parameters. (Design, Tools, Yajna name, Parameters measured, Outcome should be included).
35. Write notes on
 - a. Vaporization of wood
 - b. Steam volatalization of odorous substances
 - c. Combustion of fatty substances.
36. Write notes on
 - a. Photo-chemical process
 - b. Inverted pyramid shaped agni kunda
 - c. Chanting of Sanskrit mantras.

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Program: BSc (Yoga & Vedic Therapy)
Subject Name: Taittiriya Upanishad & Kathopanishad
Sem Period: March, 2024 – July, 2024
Date: 10.07.2024
Examination Mode: Regular

Semester: 6th Semester
Subject Code: BSYTT 601
Batch: September, 2021
Time: 09.45 am to 12.45 pm
Max. Marks: 100

General Instructions:

1. Read all the questions carefully and then start writing
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Objective Types (Attempt All) – 1 Mark for each Question

10 *01 =10 Marks

1. Katopanishad belongs to _____ shakha
2. The ritualistic fire kindled as means for heaven was named after _____.
3. Yamadharmaraja praises Nachiketa for choosing _____.
4. By logic arrived at, with one's own thinking _____ cannot be understood.
5. One can only attain _____ result by using temporary means in the form of rituals.
6. Aatma has no beginning and no _____.
7. Consciousness being seated goes far indicates _____ state.
8. Out of four - fold qualification yamadharmaraja first highlights the qualification of _____ in second valli first chapter
9. _____ metaphor is given to understand the jeevatma..
10. As part of panchakosha viveka one should resolve mind into _____.

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

10 *02 =20 Marks

11. Teacher in katopanishad is _____ and the student is _____.
12. Three shantis in shanti pathah is for neutralizing obstacles at _____, _____ and _____ level.
13. In the sense of its primary meaning the word upanishad can be divided into 3 parts _____, _____ and shad dahtu.
14. In shantipatha 'Sahanaa avatu' there are two avatu, one meaning protect by giving _____ and another protect by giving _____.
15. Nachiketa's father gave away cows which are _____, _____, _____ and _____.
16. Nachiketa waited for yamadharmaraja for _____ days and _____ nights.
17. There are two paths of pursuit for any human being _____ and _____.
18. Person with self - knowledge is rare because many do not get opportunity to get _____ from _____ teacher.

19. One can attain liberation by knowledge of aatma from _____ with the help of _____ by following the discipline of knowledge in the form of _____ and _____.
20. Nachiketa refines his question in second valli of first chapter by stating this aatma is different from _____ and _____, _____ and _____, _____ and _____.
21. The qualification of _____ and _____ needed for knowledge is communicated thru the chariot metaphor.
22. Awake indicates the qualification of _____ arise indicates the sadhana of _____ yoga.

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

06 *05 =30 Marks

23. Explain the two version of primary meaning of the word upanishad
24. Explain the mantra seated aatma goes around and sleeping aatma is present everywhere
25. Explain the mantra 'Ashabdham asparsham aroopam avyayam tatha arasam agandhavatcha yat, anaadyanantam mahatah param dhruvam nichayya tanmrutyumukhaat pramuchyate'.
26. Why jeevaatma called purushah of the size of thumb?
27. What reason is given in kathopanishad 2nd chapter 1st valli for a person's attention to be taken up by the sense objects.
28. Explain jeeva with the help of chariot metaphor
29. Explain the gradation among sense objects, sense organs, mind, individual intellect, cosmic intellect, avyakta and prursha.
30. What two examples are given at the end of 2nd chapter 1st valli to point out the vision and consequently fate of ignorant person, vision and consequently fate of a wise person

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

04* 10 =40 Marks

31. Explain the tree of samsara in detail
32. Explain the 3 boons asked for by nachiketa in detail.
33. Explain the description of easeness of knowledge of aatma in manushya janma, pitru loka, gandharva loka and brahma loka.
34. Explain with examples given in katopanishad as to how one aatma appears as many.?
35. Explain the various disciplines one has to go thru for aatma vidya.
36. Explain the four -fold qualification in details for readiness on self-knowledge

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Program: BSc (Yoga & Vedic Therapy)
Subject Name: Yoga Psychology & Counselling
Sem Period: March, 2024 – July, 2024
Date: 17.07.2024
Examination Mode: Regular

Semester: 6th Semester
Subject Code: BSYVTT 602
Batch: September, 2021
Time: 09.45 am to 12.45 pm
Max. Marks: 100

General Instructions:

1. Read all the questions carefully and then start writing
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Objective Types (Attempt All) – 1 Mark for each Question

10 *01 =10 Marks

1. What is Psychology?
2. Mention the three components of mind?
3. What is Behaviour
4. What is memory?
5. What do you understand by 'Trait' personality?
6. What is neuroscience?
7. Name the classification of kleshas?
8. What are anthahkarana
9. What is Yogic counselling?
10. Describe temperament

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

10 *02 =20 Marks

11. Name the five Personality theories.
12. Definition of personality according to psychologist Henry Murray
13. Why chitta bhumi is called a 'bhumi'?
14. Define Stress affecting behaviour.
15. What is nirudha and vikshipta?
16. What is Anavastitatva?
17. Definition of vyadhi and write its types
18. Name the temperaments based on bodily humours given by Hippocrates
19. What is avirati?
20. What is brain mapping? Give the abbreviations for EEG, CT, PET & MRI.
21. What is Kirlian photography
22. Name the type of people categorised by Carl Jung

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

06 *05 =30 Marks

23. Explain the psychodynamic theory by Sigmund Freud
24. How psychological stress becomes the cause of physical stress
25. Explain how 'Abhinivesha' leads to distress and yogic remedy for it.
26. What is Physiological stress and Psychological stress with respect to behaviour?
27. Explain the state of Upeksha with examples.
28. What is chitta prasaadanam and explain with behavioural change examples
29. What is "Mudha"? What is the role of Vijnanamaya kosha in not getting succumb to it?
30. What are the functions and doshas of mind and explain the remedial measures?

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

04* 10 =40 Marks

31. What are the different branches in modern psychology and explain its perspective?
32. What is Anxiety and how does anxiousness affect one's behaviour in context with triguna's.
33. 'Stress is the reaction to a demanding situation' how do you resolve using the psychology learning skills – Explain in detail.
34. What is Super ego? Who gave this theory to modern psychology? And to which kosha do you compare this according to yoga.
35. What's your view on modern day counselling and yogic lore counselling? Explain with examples.
36. What is Adhija vyadhi according to yoga, and explain the manasika guna dosha..