

Ph.D
1st & 3rd Semester

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

Program: PhD (Yoga)
Subject Name: Yoga Tantra
Sem Period: August, 2024 – December, 2024
Date: 16.12.2024
Examination Mode: Regular

Semester: 1st & 3rd Semester
Subject Code: PhDT 204
Batch: August, 2024 & August, 2023
Time: 09.45 am to 12.45 pm
Max. Marks: 100

Short Essay (Attempt any Six) – 10 Marks for each Question **06 *10 =60 Marks**

1. Explain in detail the concept of Spirit as per SS along with your innovative thoughts
2. Explain the concept of factors promoting & demoting yoga as per HYP
3. Explain the concept of Hatha yogi environment as per HYP with your thoughts into it
4. Explain the concept of ashta karma as per HR & your innovations to it.
5. Explain Gheranda samhita mangala shloka & compare the concepts similarities with swatmarama's HYP.
6. Explain Ashta kumbhakas as per HYP & give your thoughts on prana vidya
7. Explain siddhasana & padmasana as per GRS & your innovations to it.
8. Explain the 29 concepts without which a yogi cannot attain siddhi. Give your thoughts on it.

Long Essay: (Attempt any Two) – 20 Marks for each Question **02* 20 =40 Marks**

9. Discuss the mangalacharana shlokas of all the HY texts along with the essence of HY. & its relevance in yoga research.
10. Discuss the Shatchakra concepts as per GRS & your innovative thoughts in comparing to human anatomy.
11. Discuss “karma kanda & jnaana kanda” as per SS & its relevance in yoga research with your innovations.

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

Program: PhD (Yoga)
Subject Name: Application of Yoga Therapy
Sem Period: August, 2024 to December, 2024
Date: 07.12.2024
Examination Mode: Regular

Semester: 1st & 3rd Semester
Subject Code: PhDT 101
Batch: Aug, 2024 & Aug, 2023
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:

Short Essay (Attempt any Six) – 10 Marks for each Question

06 *10 =60 Marks

1. Concept of disease according to Yoga Vashishta
2. Explain triggers, symptoms and yogic management of rhinitis?
3. Explain Causes, Symptoms and IAYT for Diarrhoea?
4. Give your own Yoga module for Back pain and Osteoarthritis?
5. Explain causes and yogic management of Type-1 Diabetes?
6. Explain types and yogic management of Parkinson's?
7. Explain causes and yogic management of Migraine.
8. Give your own Yoga module for Anxiety with epilepsy

Long Essay: (Attempt any Two) – 20 Marks for each Question

02* 20 =40 Marks

9. Explain the common Cardiovascular diseases treated by Yoga and the principles behind it.
10. What are Irritable Bowel Syndrome and Ulcerative colitis. Explain the pathology and yogic management. Explain the differences between them.
11. Explain the Physiology of stress according to Modern Medicine and Yoga

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

Program: PhD (Yoga)
Subject Name: Diet & Nutrition
Sem Period: August, 2024 – December, 2024
Date: 13.12.2024
Examination Mode: Regular

Semester: 3rd Semester
Subject Code: YLST 1231
Batch: August, 2023
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:

Short Essay (Attempt any Six) – 10 Marks for each Question

06 *10 =60 Marks

1. Explain in detail about the role of carbohydrates in the body and its deficiencies.
2. Name the functions of Calcium and Iron and its relationship to human health.
3. Classify foods based on its functions.
4. How are proteins important to our body.
5. Detail the structure of preparation of a menu plan in nutrition.
6. How will you prepare the menu plan for Cardiovascular patient with a menu plan?
7. Classify vitamins and its function.
8. Give a case study on the foods consumed along with its deficiencies (if any).

Long Essay: (Attempt any Two) – 20 Marks for each Question

02* 20 =40 Marks

9. Compare and contrast the foods based on the nations, its similarity and its connection with human body and its functions.
10. Explain the foods based on various rituals, functions, fast and feast and its internal connection with human system.
11. Compare and contrast on ancient and modern cooking practices and non – communicable diseases.

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

Program: PhD (Yoga)
Subject Name: Introduction to Yoga Philosophy
Sem Period: August, 2024 – December, 2024
Date: 09.12.2024
Examination Mode: Regular

Semester: 3rd Semester
Subject Code: PhDT 102
Batch: August, 2023
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:

Short Essay (Attempt any Six) – 10 Marks for each Question

06 * 10 = 60 Marks

1. Write a note on Upaniṣad.
2. Write an introduction to Vedāṅgas.
3. Write an introduction to Nyāya and Vaiśeṣika philosophy.
4. Write a note on Pañcakoṣas.
5. Write an introduction to Mīmāṃsā philosophy.
6. Elaborate the 25 tattvas of Sāṅkhya.
7. Write a note on Bauddha, Jaina & Cārvaka Philosophies.
8. Elaborate the following terms of Yoga – Puruṣa, Īśvara, Citta Vṛtti, Saṃyama

Long Essay: (Attempt any Two) – 20 Marks for each Question

02 * 20 = 40 Marks

9. Write an essay on Yoga Philosophy.
10. Explain Aṣṭāṅga Yoga
11. Write an essay on Ānanda / Sukham (happiness) as discussed in the Āstika Darśanas.

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

Program: PhD (Yoga)

Subject Name: Introduction to Computer Application &
Systematic Review for Yoga Research

Sem Period: August, 2024 to December, 2024

Date: 11.12.2024

Examination Mode: Regular

Semester: 1st & 3rd Semester

Subject Code: PhDT 201

Batch: Aug, 2024 & Aug, 2023

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:

Short Essay (Attempt any Six) – 10 Marks for each Question

06 *10 =60 Marks

1. Define any five of the following terms:
 - a) a minimum clinically important difference
 - b) primary outcome
 - c) risk of bias
 - d) randomized controlled trial
 - e) target difference
 - f) composite outcome
2. List out any 5 Boolean operators for forming a search strategy and present an example of the search strategy along with a research question
3. Write a note on predefining unambiguous criteria for participants (inclusion criteria)
4. What are the factors to be considered when developing criteria for 'Types of participants' for a systematic review?
5. Write a note on the quality of evidence?
6. Differentiate between intention-to-treat effects versus 'per-protocol' effects
7. How might the "publish or perish" culture contribute to the rise of predatory journals?
8. Describe the use of PICO to formulate inclusion, exclusion criteria of a systematic review

Long Essay: (Attempt any Two) – 20 Marks for each Question

02* 20 =40 Marks

9. Distinguish between Broad versus narrow reviews
10. Read the paragraph and prepare a CONSORT flow chart

Participants flow

Between July 7th, 2017 and April 1st, 2019, out of 320 screened, we recruited 200 individuals from 12 pharmacies across Nagpur. Amongst excluded individuals 50 were >80 years old, 20 were not interested, and 60 had time constraints. 200 were randomized to 100 each in the yoga and walking group. The intervention was for 3 months, at follow-up 70 were reported in the yoga group and 89 were reported in the walking group.

11. Read the following paragraphs and rate the content for biases related to randomization, allocation concealment, detection and performance

Randomization

Simple randomization technique was used to allocate participants into the intervention and the control groups. An independent statistician generated a computer-generated random number sequence and the sequence was given to an external staff who had no involvement in the study procedures. The participants were allocated their consecutive numbers, after baseline measurements. Blinding of the participants was not possible due to the nature of the intervention. However, the outcome assessors were blinded.

Statistical analysis

For the analysis of data SPSS for Windows (version 22; IBM SPSS Inc., Chicago IL) and R statistical package were used. The normality of data was analyzed using Kolmogorov-Smirnov test. The paired t-test was used to estimate the Baseline and posttest differences of DYP, and control group and the significant level was set at ≤ 0.05 . The trial outcomes were analyzed according to the intention-to-treat principle; hence multiple imputation was carried for the missing variables accounting for the loss to follow up.

Interventions

The study protocol consisted of Diabetic Yoga Protocol (DYP) approved by the Ministry of AYUSH and Quality Council of India as shown in Table x. This is the first protocol to be made specifically for the prediabetics and diabetics. The complete sequence of prayer, yogic postures, breathing and meditative techniques, along with specified time, was shown in previously published paper. The Yogic practices were performed for 3 months for 60 min. Certified yoga instructors took the yoga classes and they recorded regular attendance. Randomization was done through a computer-generated list of random numbers and allocation was concealed to the participants until the completion of the baseline assessment.