

**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 Name:** Human System According to Yoga  
**Sem Period:** Aug, 2022 to Dec, 2022  
**Date:** 26.11.2022  
**Examination Mode:** Back Paper

**Semester:** 4<sup>th</sup> Semester  
**Subject Code:** BSYTTE2 401  
**Batch:** September, 2020  
**Time:** 09.30 am to 12.30 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. \_\_\_ is the oldest system of Indian philosophy.
2. \_\_\_ is the founder of Samkhya philosophy.
3. \_\_\_ is the root cause of the world of objects.
4. \_\_\_ is the pure consciousness.
5. Dharma, Artha, Kama and \_\_\_ are known as purusartha.
6. \_\_\_ and Samkhya are said to be sister philosophy.
7. According to Samkhya the Universe is made up of two fundamental principles namely \_\_\_ and \_\_\_.
8. \_\_\_ denotes that the effect is a real transformation of the cause.
9. \_\_\_ Upanishad gives us the panchakosha viveka.
10. \_\_\_ Chakra is the seat of kundalini.

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

**10 \*02 =20 Marks**

11. What is Mumukshatvam?
12. What are the nature of self?
13. What is Panchakosha?
14. Write about Mooladhara Chakra.
15. What is Chakra?
16. Introduction on Samkhya.
17. What are the function of Sacral chakra?

18. What is Kundalini?
19. What is Mandala?
20. Write the nature of Mandala.
21. Write about Samana prana.
22. Write down the importance of swara yoga.

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

**06 \*05 =30 Marks**

23. Creation and concept of Mandala.
24. Details on Throat chakra.
25. Concept of Vayu.
26. Details on Panchaprana.
27. Distinguish among three important Nadis.
28. Characteristics of Purusha and Prakriti.
29. Details on Vijnanamaya kosha.
30. Write down the process of involution.

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

**04\* 10 =40 Marks**

31. Details on Panchakosha concept.
32. Details on types of chakras.
33. Write down the process evolution according to Samkhya.
34. Write down the details on Manomaya kosha components.
35. Write down the practices, which enhance the Anandamaya kosha and justify.

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**Program:** BSc (Yoga Therapy)  
**Subject Name:** Yoga Therapy for Common Ailments  
**Sem Period:** Aug, 2022 to Dec, 2022  
**Date:** 28.11.2022  
**Examination Mode:** Back-Paper

**Semester:** 4<sup>th</sup> Semester  
**Subject Code:** BSYTT 403  
**Batch:** September 2020  
**Time:** 09.30 am to 12.30 pm  
**Max. Marks:** 100

**General Instructions:**

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Reg No:

**Objective Types (Attempt All) – 1 Mark for each Question      10 \*01 =10 Marks**

1. Name the Shatkriya.
2. Types of Stress.
3. Practices under Manomaya Kosha.
4. Types of Vyadhi.
5. Meaning of Annamaya Kosha.
6. Each kidney is surmounted by an ----- gland.
7. The -----pairs of spinal nerves arise segmentally by two roots, anterior and posterior.
8. Relaxation techniques in Annamaya kosha.
9. Kriya comes under which kosha
10. A woman's reproductive cycles last from menarche to -----

**Short Notes (Attempt any Ten) – 2 Marks for each Question      10 \*02 =20 Marks**

11. Specific Phobia
12. Diet and Obesity.
13. Symptoms of General anxiety disorder.
14. Role of yoga in APD.
15. Role of yoga in Cancer
16. Yoga and Epilepsy
17. Define Health
18. Ovarian cycle
19. Define Disease
20. Causes of Panic disorder.

21. Signs and Symptoms of Migraine.

22. Importance of Vijyanamaya kosha as therapy.

**Short Essay (Attempt any Six) – 5 Marks for each Question 06 \*05 =30 Marks**

23. Explain Menstrual Cycle.

24. IAYT for DM

25. Diet guidelines for Obesity

26. Difference between neurosis and psychosis.

27. Role of Pranayama in stress

28. Causes and signs and symptoms of APD.

29. IAYT for Osteoarthritis

30. Difference between Hypothyroidism and Hyperthyroidism.

**Long Essay: (Attempt any Four) – 10 Marks for each Question 04\* 10 =40 Marks**

31. Write a note on Cancer and its IAYT

32. Write a note on neurological conditions and types of headache, Make a protocol for Migraine

33. Define GAD, causes, primary VS secondary anxiety, and IAYT module for anxiety disorder.

34. IAYT module for Asthma and COPD.

35. Structure and function of Endocrine system and its hormonal details with respective glands. Its yogic management.

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**Program:** BSc (Yoga Therapy)  
**Subject Name:** Yogic Diet and Nutrition  
**Sem Period:** Aug, 2022 to Dec, 2022  
**Date:** 29.11.2022  
**Examination Mode:** Back Paper

**Semester:** 4<sup>th</sup> Semester  
**Subject Code:** BSYTT 404  
**Batch:** September, 2020  
**Time:** 09.30 am to 12.30 pm  
**Max. Marks:** 100

**General Instructions:**

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Reg No:

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

**10 \*01 =10 Marks**

1. General meaning of food?
2. Define Mitahara according to HYP?
3. What is Healthy Living?
4. Pancha prana name and Place?
5. What is Yogic Diet?
6. Explain food as per Naturopathy?
7. Protein is the only nutrient that can make new cells and rebuild the worn-out Cells. (True/ False).
8. \_\_\_\_\_ is the unit of energy.
9. Vitamin \_\_\_\_\_ is water soluble.
10. Phosphorus is a constituent of simple protein. (True or False).

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

**10 \*02 =20 Marks**

11. Write benefits of wholesome food according to Ayurveda?
12. Write General meaning of Ahara?
13. Explain the concept “purity of food”
14. Explain Disease according to Yoga?
15. What are the eating principles according to Ayurveda?
16. Why food is called Brahma?
17. Write some sources of Vitamin K.
18. Define Nutrient.
19. Define balanced diet.
20. Write some sources of phosphorus.
21. Write some sources of Vitamin E.
22. Write some sources of fats.

**Short Essay (Attempt any Six) – 5 Marks for each Question 06 \*05 =30 Marks**

23. Explain the concept of eating food according to ancient and modern?
24. Explain the Mechanism of Yogic Diet in yoga sadhna?
25. Explain the Panchbhoota relation Chart with dosha, guna, dhatu and taste?
26. Role of Physical body(Sharira) in Yoga sadhna? Explain its Operations?
27. Explain about iron in detail.
28. Write about any two vitamins in detail.
29. Explain Food pyramid in detail with diagram.
30. Classify lipids.

**Long Essay: (Attempt any Four) – 10 Marks for each Question 04\* 10 =40 Marks**

31. Define Pathya and Apathya according to different ancient Text, Name any Ten Items of Pathya Apathya?
32. Health benefits of yogic diet according to modern and ancient?
33. How food, Health and disease are related explain in detail?
34. Classify carbohydrate, it's sources, functions and deficiency.
35. Classify protein, it's sources, functions and deficiency.

