

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

Program: MSc (Yoga & Vedic Therapy)
Subject Name: Patanjali Yoga Sutra
Sem Period: Aug, 2022 to Dec, 2022
Date: 30.11.2022
Examination Mode: Back Paper

Semester: 2nd Semester
Subject Code: MSYVT -202
Batch: September, 2021
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:

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

1. What are the two categories of Vrittis explained in Patanjali Yoga Sutra?
2. What are the characteristics of Ishwara?
3. Define the aphorism – Vāttisārupyam Itaratra.
4. Three stages of Intensity of Practice.
5. What is Kriyayoga?
6. Define Tapas(Penance)
7. Four stages of Kumbhaka
8. What is Samyama?
9. What is the concept of Seer, seen and the process of seeing?
10. What is meant by Nirbeeja Samadhi?
11. What is the state of Adhyatma- Prasada?

Short Essay (Attempt any Eight) – 5 Marks for each Question 08 *5 =40 Marks

12. Different definitions of Yoga
13. States of Chitta Bhumis
14. Rutumbhara Prajna with appropriate reference.
15. Ishwara Pranidhanadhwa – Explain this sutra briefly.
16. What is meant by Vikshepa Sahbhuvah? Which of those are discussed in PYS?
17. Four types of Karmas in Patanjali Sutras
18. Five sources of Siddhis

19. The incidental cause (Nimittam) does not move or stir up the natural tendencies but merely removes the obstacles like a farmer (irrigating a field). Discuss briefly.

20. Definitions of Yoga from other texts and uniqueness of Patanjali

Long Essay: (Attempt any Four) – 10 Marks for each Question 4* 10 =40 Marks

21. Ashtanga yoga with Aphorisms

22. Explain these aphorisms:

जातिदेशकालसमयानवच्छिन्न सर्वभौमा महाव्रतम्

वितर्कबाधने प्रतिपक्षभावनम्

सत्त्वशुद्धिसौमनस्यैकग्रहेन्द्रियजयात्मदर्शन-योग्यत्वानि च

23. Give notes on samyama on

- a. Surya
- b. Chandra
- c. Dhruva
- d. Bala
- e. Nabhi
- f. udana
- g. Kurmanaadi
- h. Murdhajyoti
- i. Hridaya
- j. Samana

24. Vairagya is utmost important on the path of attainment of Samadhi. It remains important even after attainment of Siddhis. Explain in detail.

25. What are the obstacles in the path of yoga? Why are they considered as obstacles? Quote the sutras accordingly.

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Program: MSc (Yoga Therapy/Yoga & Vedic Therapy)
Subject Name: Research Methodology
Sem Period: Aug, 2022 to Dec, 2022
Date: 29.11.2022
Examination Mode: Back Paper

Semester: 1st Semester
Subject Code: MSYTT 101/ MSYVTT 101
Batch: September, 2021
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:

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

1. Mention a few online databases for literature survey.
2. Write the purposes of literature survey.
3. What is informed consent?
4. What are levels of measurement?
5. Distinguish between random sampling and randomization.
6. What is snow ball sampling?
7. What is Test-Retest Reliability?
8. What is Blinding?
9. What is Internal Validity?
10. What is Type-II error?
11. What is Inferential statistics?
12. What are null hypothesis and alternate hypothesis?

Short Essay (Attempt any Eight) – 5 Marks for each Question 08 *5 =40 Marks

13. Write a short note on Research Ethics.
14. Give an example each for descriptive, correlational, and causal research questions.
15. What are the types of sampling techniques?
16. Explain Reliability with examples.
17. Distinguish between correlational and cross-sectional designs.
18. Can continuous variables be converted to categorical variables? What are its advantages and disadvantages?
19. What is sample size calculation and how is it done?
20. What is a priori power analysis and what is its significance?
21. Explain assumptions of statistical tests.
22. Explain how Type-I and Type-II errors can be controlled.

Long Essay: (Attempt any Four) – 10 Marks for each Question 4* 10 =40 Marks

23. Describe in detail the process of literature survey.
24. Describe in detail with suitable examples the various data collection methods.
25. Explain various methods of controlling bias and thereby improving validity of the research.
26. Explain using diagram types of errors and right decisions in null hypothesis significance testing.
27. Explain in detail parametric and non-parametric statistical tests.
28. Explain Central Limit Theorem. If standard deviation is 9 and sample size is 9, what will be the standard error. How will the standard error be influenced on increasing the sample size?

