

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

Program: MSc (Yoga and Vedic Therapy)
Subject Name: Evidence Based Vedic Therapy
Sem Period: Aug, 2022 to Dec, 2022
Date: 30.11.2022
Examination Mode: Back Paper

Semester: 2nd Semester
Subject Code: MSTVE-204
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 ALL) – 2 Marks for each Question

10 *02 =20 Marks

1. What is Yajna?
2. What are the types of Karmas mentioned in the Shastras?
3. How do you define music therapy?
4. What is Daiva Vyapashraya Chikitsa in Ayurveda?
5. What is the nature of Gayatri Mantra?
6. Mention the cycle of creation where Yajna is the centre
7. How did the Veda Mantras come into existence?
8. What do Kalpa Sutras (Vedanga) offer for Yajna Therapy?
9. What is Somayaga? Why it is important to perform?
10. What is the relation of Samskrita grammar with Vedic Therapy?

Short Essay (Attempt ALL) – 5 Marks for each Question

08 *5 =40 Marks

11. Explain the relation of Yajna with Vedas.
12. Sketch the intentions of performance of Yajnas in Vedic tradition.
13. Meditations and their origin in the Vedic texts
14. Use of Mantras in Therapy
15. The role of astrology in Vedic therapy modules
16. The importance of understanding Devata concept in Vedic Therapies
17. Role of Ayurveda in Vedic therapies
18. Medicinal properties of Samits (selected sticks of trees) in Yajna

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

4* 10 =40 Marks

19. What are the evidences you found in Somayaga as a therapeutic practice? Elaborate.
20. Based on the empirical research findings, establish that Yajnas should also be made part of alternative therapy techniques.
21. What are the merits of Vedic therapies when compared to conventional allopathic approach of medicine?
22. What are the challenges one comes across to bring Vedic therapies into mainstream?
23. Summarize the whole narration of Bhagavad Gita about the very process of Yajna.

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Program: MSc (Yoga Therapy /Yoga & Vedic Therapy)
Subject Name: Evidence Based Yoga Therapy I
Sem Period: Aug, 2022 to Dec, 2022
Date: 28.11.2022
Examination Mode: Back Paper

Semester: 2nd Semester
Subject Code: MSYTT203/MSYVT-201
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
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Reg No:

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

1. What is stress?
2. Peak flow meter
3. What are the preventive measures of COVID-19?
4. Define Hypertension.
5. Dyspepsia
6. Name the yogic practices beneficial in constipation.
7. What are the medical management for chronic kidney disease?
8. Chronic depression
9. IVDP
10. Body mass index
11. Define Insomnia
12. Menopause

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

13. Explain Stress response system in detail.
14. What is sinusitis? What are its complication and symptoms?
15. Write a note on chair breathing technique.
16. Differentiate duodenal ulcer and gastric ulcer.
17. Explain Renal calculi.
18. Write in detail about cervical radiculopathy.
19. What is Osteoarthritis? Write the yoga practices beneficial for knee pain.
20. Explain the types of Obesity.

21. Write about Dysmenorrhea

22. Explain about Hypertensive disorders of pregnancy.

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

23. Write in detail about the yogic concept of disease and also add a note on integrated approach of yoga therapy.

24. Explain Bronchial Asthma in detail along with its Yogic management.

25. Write in detail about anxiety disorders

26. Explain about the lifestyle management and yogic management of low back pain.

27. Write in detail about Type 2 Diabetes mellitus. Add note on the dietary regimens of Diabetes Mellitus.

28. Explain the physiological changes of Pregnancy along with yogic management in first trimester.

