SWAMI VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA
(S-VYASA)
(declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)
FINAL EXAMINATION
MD T 104 Yoga Philosophy and Health
Date : 24-May-2011
Time : 3 Hr
Max Marks: 90

(Open book: only Gheranda Samhita and HathaRatnavali allowed)

SECTION I
Write Answer on the Question Paper itself and return it

Name: ____________________________ Reg. No. ____________________________

This is closed book section. Be relaxed and effortless. Answer in the given space and return the question paper.

I. Fill up the blanks 6+2=8

a. complete the sloka, write the meaning of this line in the space provided -

   dhayayato vishayaan .................................................................

   ..............................................................................................

   meaning : ..................................................................................

   ..............................................................................................

b. Stress is defined in gita as ______ ubdhavam _________

c. yoga is defined by vasista as __________________________

II. Mark whether True or False (circle your answer) 4x3=12

1. Stress
   a. Increases ACTH true false
   b. Decreases adrenal true false
   c. produces peripheral vasodilation true false
d. can cause mitosis true false

2. Tick whether autoimmunity or allergy
   a. Diabetes autoimmunity / allergy
   b. Eczema autoimmunity / allergy
c. leukoderma autoimmunity / allergy
d. asthma autoimmunity / allergy
3. State whether true or false
   a. Kaama begins in anandamaya kosha true false
   b. Sleep is excess speed true false
c. Electrons and atoms are manomaya kosha true false
d. celiac plexus is the seat of manipura true false

III. Write short notes [Any 5] 4X5=20

1. CM
2. Suryanuloma viloma
3. Difference between Dharana and Dhyana
4. MEMT
5. Happiness analysis in diabetes
6. Yogah karmasu kaushalam in therapy
7. Difference between sleep and samadhi
8. Types of Neti

IV. Complete the lines any 5 5x4= 20

1. Sarvebhavantu

2. Laye sambodhayet

3. Pranasyedam

4. Brahmarpanam

5. Trayambakam

6. Divibhumou

7. Prajhati yada
   atmanye

8. Annapurne
SECTION II

1. Answer any 3  

1. Describe pancakosha and its functions. Explain the model of adhijavyadhi.

2. Explain the physiological changes and the nervous system involved in stress adaptation.

3. Differentiate the kriyas explained in hatharatnavali and gheranda? 
   Explain how kriyas help in therapy. 
   Give a table of what kriya works on which reflex.

4. a. Give the slokas that refer to MSRT from hatha ratnavali. 
   Explain the steps of MSRT.
   b. Give the slokas and their meaning for healthy diet. Explain satvic diet.