

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 -

dhyayato vishayaan

.....

meaning :

.....

b. Stress is defined in gita as _____ udbhavam _____

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 adrenalin | 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
- b. Sleep is excess speed
- c. Electrons and atoms are manomaya kosha
- d. celiac plexus is the seat of manipura

true false
true false
true false
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

atmany

8. Annapurne

SECTION II

I. Answer any 3

10x3=30

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