

**SRI DEVARAJ URS ACADEMY OF HIGHER EDUCATION & RESEARCH**  
(A DEEMED TO BE UNIVERSITY)

**M.Sc. in Yoga (Semester-IV)**

**September 2021 Examination**

**Time : 2.30 Hrs.**

**[Max. Marks : 70]**

**Vedas, Upanishadas and Darshanas**

**Q.P Code : M4410**

*Your answers should be specific to the questions asked.*

*Draw neat labelled diagrams wherever necessary.*

**LONG ESSAY**

**2 X 10 = 20 Marks**

1. Write a brief note on Introduction to Vedas and upanishadas, History, origin, dating and authoring of Vedas.
2. List the names of 16 padarthas according to Vaisheshika Darshan and write a brief note on Praktyaksha, Anumana and Upmana.

**SHORT ESSAY**

**5 X 6 = 30 Marks**

3. Explain in brief about bramhanas explained in brihadaryanka Upanishad.
4. Write a brief note on Yoga dharshana.
5. Define Upanishad with its meanings. Elaborate Mandukya Upanishad in brief.
6. Write a brief note on Rigveda with its speciality.
7. Write a brief note on Purvamimamsa darshana.
8. Write a brief introduction of Taittiriya Upanishad and panchkosha concept in detail.

**SHORT NOTE**

**2 X 10 = 20 Marks**

9. Define Upanishad with its etymology.
10. List the names and founders of shad darshana.
11. Difference between Vidya and Avidya.
12. Definition and origin of Darshana.
13. What is the difference between Vyakta and Avyakta.
14. What are the Prasthantraya and what is shruti prasthan.
15. What are the four stages of consciousness?
16. What are the Upavedas?
17. Classification of Darshana.
18. List the names of 25 tattvas as per samkhya.

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**Diet and Clinical Nutrition & Introduction to Psychology**

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**(Use separate answer booklet for Section A & B)**

**Section – A**

**(35 marks)**

**Diet and Clinical Nutrition**

**Q.P Code : M4425**

**LONG ESSAY**

**10 X 1 = 10 Marks**

1. Explain the concept of prakruti based diet according to ancient texts.

**SHORT ESSAY**

**5 X 3 = 15 Marks**

2. Write the factors responsible for energy expenditure and discuss energy requirement during the yoga and physical activity
3. Explain the concept of Mitahara with sloka
4. Write the classification of Vitamins with brief note on each vitamins.

**SHORT NOTE**

**2 X 5 = 10 Marks**

5. Mention the types of cooking.
6. Write the importance of fiber in food
7. Define food and mention the sources and types
8. Write the importance of micro-nutrition in our food
9. Mention the physiological functions of food

**Section-B**

**Introduction to Psychology**

**Q.P Code : M4426**

**(35 marks)**

**LONG ESSAY**

**10 X 1 = 10 Marks**

1. Nature and definition of memory. Write a brief note on principles and applications of classical and operant conditioning.

**SHORT ESSAY**

**5 X 3 = 15 Marks**

2. Definition and short history of psychology.
3. Write a note on motivation.
4. Write a brief note on memory.

**SHORT NOTE**

**2 X 5 = 10 Marks**

5. Definition of health.
6. What are the theories of stress?
7. Write the characteristics of attention.
8. Principles of perception.
9. Functions of emotion.

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