

K18P 1027

Reg. No). :
Name :	************

Third Semester M.A. Degree (Reg./Suppl./Imp.) Examination, October 2018
PHILOSOPHY

(2014 Admn. Onwards)

PHI3E03: Yoga: Philosophy and Practice

Time: 3 Hours

Max. Marks: 60

PART - A

Answer any one question. Answers should not exceed 800 words. Each answer carries 15 marks.

- 1. What is yoga? Explain Astanga Yoga of Patanjali.
- 2. Discuss the therapeutic aspects of Yoga.

 $(1 \times 15 = 15)$

PART - B

Answer any three questions. Answers should not exceed 400 words. Each answer carries 10 marks.

- 3. Explain briefly Raja Yoga and Hatha Yoga as expounded by Swami Vivekananda.
- 4. Write a note on structure and content of Yoga Sutra.
- 5. Bringout the concept of Isvara in Patanjali Yoga.
- 6. Bring out the role and significance of Yama and Niyama in the practice of Yoga.
- Discuss the various forms of Samadhi.

 $(3 \times 10 = 30)$

PART - C

Answer any three questions. Answers should not exceed 200 words. Each answer carries 5 marks.

- 8. Explain the Buddhist Yoga.
- 9. Discuss Citta Vrtti.
- 10. What is pratyahara?
- Explain the nature of Klesas.
- 12. Write a note on Siddhis.

 $(3 \times 5 = 15)$