



M 26968

Reg. No. : .....

Name : .....

**IV Semester M.A./M.Sc./M.Com. Degree (Reg./Sup./Imp.)**

**Examination, March 2015**

**PHILOSOPHY**

**PH-114 : Philosophy and Practice of Yoga**

Time : 3 Hours

Max. Marks : 80

**PART – A**

Answer **any one** of the following in an essay of **not more than 1000** words.

**Each** question carries **15** marks.

1. Explain Integral yoga.

2. Discuss Samkhya theory of evolution.

**(15×1=15)**

**PART – B**

Answer **any four** of the following in an essay of **not more than 600** words.

**Each** question carries **10** marks.

3. Explain Raja yoga as expounded by Swami Vivekananda.

4. Explain karma yoga according to Bhagavadgita.

5. Write a short note on threefold afflictions.

6. Discuss the significance of Yama and Niyama.

7. What is meant by Chittavrtti nirodha ? Explain.

8. Explain yoga as a means of stress management.

**(10×4=40)**

P.T.O.



PART - C

Reg. No. : .....

Answer any five of the following short questions in not more than 250 words. Name : .....

Each question carries 5 marks.

- 9. Mantra yoga.
- 10. Astanga yoga.
- 11. Asana.
- 12. Triguna.
- 13. Klesas.
- 14. Kaivalya.
- 15. Dharana.
- 16. Astasiddhis.

IV Semester M.A./M.Sc./M.Com. Degree (Regulation 1997)  
Examination, March 2015  
PHILOSOPHY

PH-114 : Philosophy and Practice of Yoga

Time : 3 Hours

PART - A

Answer any one of the following in an essay of not more than 1000 words. Each question carries 15 marks.

(5x5=25)

(5x1=5)

2. Discuss Sankhya theory of evolution.

PART - B

Answer any four of the following in an essay of not more than 800 words. Each question carries 10 marks.

3. Explain Raja yoga as expounded by Swami Vivekananda.

4. Explain karma yoga according to Bhagavadgita.

5. Write a short note on threefold afflictions.

6. Discuss the significance of Yama and Niyama.

7. What is meant by Chittavrtti nirodha? Explain.

8. Explain yoga as a means of stress management.

(10x4=40)

P.T.O.