



K16U 1768

Reg. No. :

Name :

V Semester B.A./B.Sc./B.Com./B.B.A./B.B.A.T.T.M./B.B.A.R.T.M./B.B.M./
B.T.T.M./B.C.A./B.S.W./ B.A. Afsal UI Ulama Degree (CBCSS – 2014
Admn. – Regular) Examination, November 2016
OPEN COURSE

5D01 PHI : The Philosophy and Practice of Yoga

Time : 2 Hours

Max. Marks : 20

PART – A

Answer **all** questions. **Each** answer carries **1** mark.

1. _____ is the control of the senses and consists in withdrawing the senses from their objects.
2. The Yoga which emphasises the importance and value of action and unselfishness is _____.
3. _____ is regarded as the traditional founder of Yoga System.
4. _____ is the yoga which aims at the Divine Transformation of the whole of the embodied existence or the collective liberation of mankind. (4×1 = 4 Marks)

PART – B

Write short notes on **any five** of the following. Answers should **not** exceed **50** words.
Each answer carries **2** marks.

5. Klesas.
6. Cittavritti Nirodha.
7. Asteya.
8. Bhakti Yoga.

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9. Pranayama.

10. Ahimsa.

11. Samprajnata Samadhi.

12. Hatha Yoga.

(5×2 = 10 Marks)

PART – C

Answer **any two** questions. Answers should **not** exceed **100** words. **Each** answer carries **3** marks.

13. Briefly explain the five levels of Cittabhumi.

14. Distinguish between Yama and Niyama.

15. Discuss the nature and aim of Integral Yoga.

16. Explain briefly the practices of Dhāraṇa, Dhyāna and Samādhi of Astāṅga Yoga system.

(2×3 = 6 Marks)

PART – B

Write short notes on any five of the following. Answers should not exceed 50 words. Each answer carries 2 marks.

5. Karma
6. Cittavrtti Nirodha
7. Asteya
8. Bhakti Yoga