



K17U 1776

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 – Reg./Sup./Imp.) Examination, November 2017  
(2014 Admission Onwards)  
**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. The Integral Yoga was propounded by \_\_\_\_\_
2. The final step of Astānga Yoga is known as \_\_\_\_\_
3. The ten commandments of Yoga consist of \_\_\_\_\_ and \_\_\_\_\_
4. \_\_\_\_\_ means control of breath and deals with regulation of inhalation, retention and exhalation of breath. (4×1=4)

**PART – B**

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

5. Asana.
6. Aparigraha.
7. Rajayoga.
8. Brahmacharya.

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9. Jnana yoga.

10. Klesas.

11. Niyama.

12. Dhyana.

(5×2=10)

PART – C

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

13. Examine the salient features of Integral Yoga.

14. Briefly explain the importance of Karma Yoga in Bhagavad Gita.

15. Discuss the structure of Yoga Sutras of Patanjali.

16. Distinguish between the two stages of Samadhi.

(2×3=6)

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