



K18U 1561

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 2018
Open Course
5D01 PHI : THE PHILOSOPHY AND PRACTICE OF YOGA
(2014 Admn. Onwards)

Time : 2 Hours

Max. Marks : 20

PART – A

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

1. Astānga yoga of Patanjali has _____ number of sutras.
2. In yoga system the causes of suffering are commonly referred as _____
3. Yoga sutras are divided into four sections. These sections are commonly known as _____
4. Pratyaya refers to content of _____ (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. Karma yoga.
6. Kaivalya pāda.
7. Citta Vrtti.

P.T.O.

K18U 1561



8. Asmita.
9. Yama.
10. Samyama.
11. Integral yoga.
12. Pratyāhāra.

(5×2=10)

PART – C

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

13. Discuss the etymological meaning of yoga.
14. Examine the features of Hata yoga.
15. Describe the content of Vibhūti pāda.
16. Evaluate the relevance of yoga in the present world.

(2×3=6)
