



M 6130

Reg. No. :

Name :

**VI Semester B.A./B.Sc./B.Com./B.B.A./B.B.A.T.T.M./B.B.M./B.C.A./B.S.W./
B.A. Afsal-UI-Ulama Degree (CCSS – Reg./Supple./Improv.)
Examination, May 2014
Open Course
6D04 PHIL : YOGA : THEORY AND PRACTICE**

Time : 2 Hours

Max. Weightage : 20

PART – A

Answer **all** questions. A bunch of **four** questions carry **1** weightage.

- I. 1. The word meaning of Yoga is _____
a) Meditation b) Practice c) Union d) Posture
2. The term *Vrtti* refers to _____
a) Modifications of body b) Modifications of mind
c) Activities of individual d) None of these
3. The concept of selfless action in Bhagavad Gita is referred as _____
karma.
a) Kamya b) Nitya c) Kama d) Nishkamakarma
4. Every Karma leads to _____
a) Atma b) Phala c) Moksa d) Dharma
- II. 5. The stage of *Pratyahara* refers to withdrawal of
a) Senses b) Body c) Wealth d) Possessions
6. *Citta Vrttis* are of _____ kinds.
a) Four b) Five c) Six d) Three
7. Klesas refer to _____
a) Suffering b) Activity c) Fruit d) Ignorance
8. Which one of the following is not a part of *Samyama*?
a) Dharana b) Dhyana c) Samadhi d) Siddhis

(2×1=2 Weightage)

P.T.O.



PART – B

Answer **any six** questions. **Each** question carries **1** weightage. Answers **not** to exceed **25** words.

Write short notes on :

9. Sutra
10. Karma yoga
11. Yama
12. Samyama
13. Sattva
14. Asmita
15. Asteya
16. Tapas
17. Siddhis
18. Viparya.

(6×1=6 Weightage)

PART – C

Answer **any four** questions. **Each** question carries **2** weightage. Answers **not** to exceed **50** words.

19. What is meant by Nishkamakarma ?
20. Name the different sections (Pāda) of Yoga sutra of Patanjali with breif explanation.
21. Distinguish between Sabija Samadhi and Nirbija Samadhi.
22. Give an account of the nature of Asanas.
23. What is the meaning of *Citta Vrtti* ?
24. Describe the nature of Jnanayoga.
25. Explain the implications of the concept of *Citta Bhumi*.
26. Write a short note on yoga therapy.

(4×2=8 Weightage)

PART – D

Answer **any one** question. The question carries **4** weightage. Answers **not** to exceed **200** words.

27. Give a detailed account of different steps of Astanga yoga.
28. Discuss the features of Karma yoga and Bhakti yoga.
29. Examine the relevance of yoga in the contemporary world.

(1×4=4 Weightage)