



M 8220

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 2015
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 :

1. Yoga Sutra is written by _____
a) Patanjali b) Gautama c) Vamana d) Agasthya
2. Nirodha means _____
a) Functioning b) Continuing c) Stoppage d) Association
3. Nishkamakarma refers to _____
a) Selfless action b) Selfish action
c) Emotional action d) Dissociation
4. Which one of the following is not related to Yama ?
a) Ahimsa b) Satya c) Asateya d) Grahasthasrama
5. According to Yoga, *Sthiram sukham* _____
a) Ahimsa b) Satya c) Amada d) Asana
6. Which one of the following is not a *Citta vrtti* ?
a) Pramana b) Viparya c) Nidra d) Avidya
7. Asmita means _____
a) Activity b) Egoism c) Memory d) Imagination
8. Samadhi with element of consciousness is called _____
a) Sarva b) Samyak
c) Sabija d) Nirbija **(2×1=2 Weightage)**

PART – B

Answer **any six** questions. **Each** question carries 1 weightage. Write short notes on.
Answers **not** to exceed **25** words :

9. Sutra
10. Jnana yoga

P.T.O.



11. Asana
12. Klesas
13. Rajas
14. Raga
15. Aparigraha
16. Svadhyaya
17. Nirbija Samadhi
18. Vikalpa.

(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 Bhakti yoga ?
20. Discuss the Gita conception of yoga.
21. Distinguish between Yama and Niyama.
22. Give an account of the nature of *Citta Bhumi* ?
23. What is the meaning of *Citta Vrtti* ?
24. Describe the nature of *Sthita Pranja*.
25. Explain the implications *Pranayama*.
26. Write a short on yoga and cardio vascular diseases.

(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 Dharana, Dhyana and Samadhi of Astanga yoga.
28. Discuss the significance and relevance of yoga in dealing with stress management and digestive disorders.
29. Examine the different sections (pāda) of Yoga sutra of Patanjali with brief explanation.

(1×4=4 Weightage)