



K16U 0280

Reg. No. :

Name :

VI 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.C.A./B.S.W./B.A. Afsal-UI-Ulama Degree (CCSS-Reg./Supple./Improv.)

Examination, May 2016

Open Course

6D04 PHIL : YOGA : THEORY AND PRACTICE
(2012 and Earlier Admn.)

Time : 2 Hours

Max. Weightage : 20

PART - A

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

- I. 1) The short and condensed philosophical poems are referred as
a) Maxims b) Anecdotes c) Sutras d) Hymns
- 2) Which one of the yoga is narrated in Bhagavad Gita ?
a) Karma yoga b) Jnana yoga c) Bhakti yoga d) All of these
- 3) Yoga Sutras are written by
a) Patanjali b) Gautama c) Vamana d) Agasthya
- 4) Which one of the following is not related to Niyama ?
a) Santosa b) Svadhyaya c) Tapas d) Aparigraha
- II. 5) According to Yoga sutras important sutra of yoga is Citta vrtti
a) Nigamana b) Nikaya c) Nimitta d) Nirodha
- 6) Viparya refers to
a) Sleep b) Wrong knowledge c) Memory d) Imagination
- 7) Dvesa means
a) Activity b) Egoism c) Aversion d) Imagination
- 8) Samadhi without element of Consciousness is called
a) Sarva b) Samyak c) Sabija d) Nirbija
(2x1=2 Weightage)

P.T.O.



PART – B

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

9. Patanjali
10. Bhakti yoga
11. Dharana
12. Vrtti
13. Tamas
14. Abhinivesa
15. Sauca
16. Bramacharya
17. Pramana
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 Karma yoga ?
20. Discuss the importance of Pratyahara.
21. Distinguish between Yama and Niyama.
22. Give an account of the nature of Citta Bhumi.
23. What is the meaning of Klesas ? Examine different types of it.



24. Describe the Bhagavad Gita ideal of Perfect Man.
25. Explain the implications of Samadhi.
26. Write a short note on yoga and Digestive disorders.

(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 etymology and definitions of yoga. Distinguish between Karma yoga and Jnanayoga.
28. Discuss the significance and relevance of yoga in dealing with stress management and Cardio vascular disorders.
29. Examine the different sections (pāda) and subject matter of Yoga sutra of Patanjali.

(1×4=4 Weightage)