



K22P 1368

Reg. No. :

Name :

III Semester M.A. Degree (CBSS – Reg./Sup./Imp.) Examination, October 2022
(2019 Admission Onwards)

PHILOSOPHY

PHI3E03 – Yoga : Philosophy and Practice

Time : 3 Hours

Max. Marks : 60

PART – A

Answer **any one** question. Answers should **not** exceed **800** words. **Each** answer carries **15** marks.

1. 'Yoga is defined as the cessation of the modifications of citta.' – Examine this statement highlighting the eight stages of Astanga Yoga.
2. 'Yoga should be considered as a complementary therapy or alternative method for medical therapy.' Analyse this statement. (1×15=15)

PART – B

Answer **any three** questions. Answers should **not** exceed **400** words. **Each** answer carries **10** marks.

3. Discuss the relevance of Yoga in the modern society.
4. Examine the structure and nature of the four chapters of Yogasutra.
5. Briefly explain the features and aim of the Integral Yoga of Sri Aurobindo.
6. Elucidate the important aspects of Raja yoga.
7. Give an account of the different Yogas explained in the Bhagavad Gita. (3×10=30)

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PART – C

Answer **any three** questions. Answers should **not** exceed **200** words. **Each** answer carries **5** marks.

8. Elucidate the status of God in Yoga.
9. Examine the important features of Yoga in Buddhism.
10. Briefly explain Mantra yoga.
11. Explain how Yoga therapy helps to reduce the issues related to respiratory system.
12. Write a short note on the different stages of Samadhi in Yoga. (3×5=15)