



K23P 1368

Reg. No. : .....

Name : .....

III Semester M.A. Degree (CBSS – Reg./Supple./Imp.)  
Examination, October 2023  
(2020 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. **(1×15=15)**

1. Explain the Eight-fold Path of Yoga system. What is its goal ?
2. 'Yoga is the realization of divinity here-on earth-in the bodily state itself.' – Analyze this statement explaining the important aspects of the Integral Yoga of Sri Aurobindo.

PART – B

Answer **any three** questions. Answers should **not** exceed **400** words. **Each** answer carries **10** marks. **(3×10=30)**

3. Discuss the structure of Yogasutra of Patanjali.
4. Examine the five kinds of *Kleshas* according to Yoga.
5. What is meant by *Chittavrtti* ? Explain.
6. Elucidate the synthesis of the different Yogas explained in Bhagavad Gita.
7. Explain the significance of the Rajayoga enunciated by Swami Vivekananda in the modern society.

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PART – C

Answer **any three** questions. Answers should **not** exceed **200** words. **Each** answer carries **5** marks. **(3×5=15)**

8. Distinguish between samprajnata and asamprajnata samadhi.
9. Explain the importance of yoga as a therapy to the psychological problems of human beings.
10. What is meant by Laya yoga ? Briefly explain.
11. Briefly explain the main features of Buddhist yoga.
12. Discuss the positive and negative rules which forms the moral foundation of yogic discipline.