

**SWAMI VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA
(S-VYASA)**

(declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)

FINAL EXAMINATION

BSCT 204 Patanjali Yoga Sutra

Date : 27-May-2011
Time : 2Hr

Max Marks: 50

Note: 4 marks for the neatness of the answer sheet

I. Answer in one sentence

05x1=05

1. What is Kriya Yoga?
2. What are the two purposes of Drshya?
3. Define Avidya.
4. What is to be done when the Yogi is disturbed by Vitarka?
5. What is Kaivalya?

II. Fill in the blanks

05x1=05

1. Avidya is the _____ for rest of the Kleshas.
2. _____ have to be followed owe-like(Mahavratam).
3. _____ is the result of Yoga practice.
4. _____ and _____ will establish Asana.
5. _____, _____, _____ and _____ are Gunaparvas.

III. Write short notes on the given topics

10x3=30

1. Raga and Dveshah
2. Heyam Duhkham
3. Yama and Niyama
4. Drshyam
5. Prakriti and her nature
6. Sapta Prantabhumih(Levels of Prajna)
7. Avidya
8. Results or Siddhis of practicing Yama and Niyama
9. Kriya Yoga
10. Karmashayah

IV. Analyze Critically.

01x6=06

Why the chapter is named as Sadhana Padha? What are the Sadhanas you find? What are the results Yogi acquires by practicing specific Yogasadhana

Or

Explain the mechanism of Kleshas raised one of the other ending with Abhinivesha.

*****WISH YOU ALL THE BEST*****