

SWAMI VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA
(S-VYASA)

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

FINAL EXAMINATION
MST 1004 Hatha Yoga

Date : 30-May-2011
Time : 3Hr

Max Marks:100

Note: Maintain a smile and write answers neatly and to the point – 10 marks

I. Answer in brief

5X2=10

1. Who is the author of HYP?
2. What happens if we eat over than we need according to HYP?
3. How many Yamas and Niyamas according to HYP?
4. How to cleanse the Nadis in the body?
5. How many Asanas are prescribed in HYP?

II. Fill the blanks

5X2=10

1. Four important Asanas are _____, _____, _____ and _____.
2. _____ stops Chadra Bindu dropping to stomach.
3. There are _____ Chakras are there in Human body.
4. 8 types of Kumbhakas are _____, _____, _____, _____, _____, _____, _____ and _____.
5. Results of performing Asanas are _____, _____ and _____.

III. Write short notes on any five of the following topics

6X5=30

1. Kumbhakas.
2. Nadis(Surya, Chandra and Sushumna) .
3. Shatkarmas.
4. The traditions of Hatha Yoga.
5. Samadhi in HYP.
6. Properties of hermitage of Yogi.
7. Guru-Shishya Parampara.

IV. How is Hatha Yoga Pradipika related with Raja Yoga? What are Shadangas ? Describe them in detail.

(3 + 2 + 15 = 20)

V. How practical is the HYP in daily life? What are the lessons we learn from Hatha Yoga Pradipika? Explain your own experience in practices of Shadangas ?

(4 + 6 + 10 = 20)

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