

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

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

FINAL EXAMINATION

**MSC T 302 Patanjali Yoga Sutra**

Date : 29-May-2011  
Time : 2Hr 30 Min

Max Marks: 50

- 
- I. Critically Analyze the following questions (Any Two) 2X10=20
1. Explain the chittavrittis (चित्तवृत्तयः) with illustrations
  2. What is the contribution of Patanjali in the field of Yoga.
  3. Mention the Ashtanga's of yoga as given by Patanjali. Explain Yama and Niyama
- II. Write an essay on the following (Any Three) 3X04=12
1. What do you mean by चित्तवृत्ति निरोधः। Explain
  2. Explain the concept of Ishwara ईश्वर according to Patanjali.
  3. What do you mean by Pratyahara? Explain.
  4. How a yogi will attain Nirbija Samadhi निर्बीज समाधि?
- III. Explain with reference to context (Any Two) 2X04=08
1. तस्मिन् सति श्वासप्रश्वासयोगतिविच्छेदः प्राणायामः।
  2. तदभावात्संयोगाभावो हानं तद्दृशेः कैवल्यम्।
  3. तपःस्वाध्याय ईश्वरप्रणिधानानि क्रियायोगः
  4. ऋतंभरा तत्र प्रज्ञा।
- IV. Match the following 5X01=05
- |                   |                  |
|-------------------|------------------|
| 1. Patanjali      | a) Swatmarama    |
| 2. Hathapradipika | b) वृत्ति        |
| 3. Sadhana pada   | c) Ashtangayoga  |
| 4. Samadhi        | d) Yoga Darshana |
| 5. Nidra          | e) Kriyayoga     |
- V. Fill in the Blanks 3X01=03
1. दृष्टानुश्रविकविषयवितृष्णस्य \_\_\_\_\_ वैराग्यम्।
  2. \_\_\_\_\_ प्रतिष्ठायां वीर्यलाभः।
  3. शब्दज्ञानानुपाती वस्तुशून्यो \_\_\_\_\_।
- VI. Answer the following 2X01=02
1. Write the Antarayas अन्तरायाः
  2. What are the panchakleshas पञ्चक्लेशाः?

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