

SWAMI VIVEKĀNANDA YOGA ANUSANDHĀNA SAMSTHĀNA

स्वामी - विवेकानन्द - योगानुसन्धान - संस्थानम्

A University, established under Section 3 of the UGC Act, 1956
(Eknath Bhavan, # 19, Gavipuram Circle, Kempegowda Nagar, Bangalore 560 019, India)

BS T 102 Human System According to Yoga

Date: 27.03.2012

Time: 10.00 am - 01.00 pm

Marks: 100 Marks

I. Answer any five

10x5=50

1. Explain evolution of life according to Sankhya philosophy?
2. Give an introduction to chakra? Describe in details Manipura chakras?
3. Describe in detail Pancha kosa.
4. Explain in detailed about emotion, its types, and solution for disturbance of emotion?
5. Why happiness is not found in the sense pleasure?
6. Which chakra is store house of all Samskars? Explain Swadhistana Chakras?

II. Write short notes (any five)

5x5=25

1. Indriyas
2. Pranas
3. Saptadhatus
4. Prasava and Pratiprasava
5. Mind
6. Bija mantras of chakras

III. True or False.

5x1=5

1. Visudhi is situated near the throat region.
2. The meeting point of Nadis is called chakra.
3. Anahata chakra is situated in the spine behind the sternum, level with the heart.
4. Susmana Nadi is located in the Pranamayakosa.
5. Sahashara chakra is situated in the mid brain, behind the eyebrow center at the top of the spine.

IV. Fill in the blanks

10x1=10

1. The story of Bhrgu and Varuna is taken fromUpanishad.
2. Theis disciple of Varuna.
3. The root cause of Heart disease found inKosha.
4. Bliss is related to
5. Blood is a component.....
6. Bhrgu got the answer of his question through
7.number of major nadi are present in Pranamaya Kosha
8.nadi creat heat in the body.
9. Human being superior than animal because of
10. Unlimited happiness found in the Kosha

V. Match the following coloumn

10x1=10

A	B
(1) Muladhara	a) Emotion
(2) Swadhistana	b) Agni tatva
(3) Manipura	c) One Thousand
(4) Anahata	d) Buddhi
(5) Visudhi	e) Vam
(6) Adana	f) Silence
(7) Sahashra	g) White elephant
(8) Happiness	h) Pranamaya Kosa
(9) Viveka	i) Triven
(10) Nadi	j) Lum