

**SWAMI VIVEKĀNANDA YOGA ANUSANDHĀNA SAMSTHĀNA**  
Swami Vivekananda Yoga Anusudhana  
A University, established under Section 3 of the UGC Act, 1956  
(Eknath Bhavan, # 19, Gavipuram Circle, Kempegowda Nagar, Bangalore 560 019, India)

**BS T 104 Hatha Yoga Pradipika**

**DATE: 27.05.2012**

**Time: 3 Hours**

**Max. Marks: 100**

**I. Answer ANY FIVE of the following:**

**5 x 10 = 50 Marks**

1. Describe Pathya and Apathya prescribed in Hatha Yoga Pradipika.
2. Describe 8 siddhis and the goal of HYP.
3. Compare HYP with Jainism, Buddhism and Vedanta.
4. What are the different types of Kumbhakas (Pranayama) according to HYP.?
5. Describe the important of Kriya in HYP.
6. Important of Mudra? Describe different types of Mudra in HYP.
7. Describe all the four chapter of HYP in brief.

**II. Answer ANY FIVE of the following:**

**5 x 5 = 25 Marks**

1. Write Yama according to HYP.
2. Write six failures in HYP.
3. Name the benefit of siddhasana.
4. Describe the practice of Khechari Mudra and its benefits.
5. Mention the important of Kevala Kumbhaka.
6. Describe the different between Unmani and Kundalini.
7. Describe the role of Hatha yoga in Raja Yoga.

**III. FILL UP THE BLANKS:**

**10 x 1 = 10 Marks**

1. \_\_\_\_\_ Asana appearance like a tortoise.
2. \_\_\_\_\_ is the chief of all the Asanas in HYP.
3. Whether young, old or too old, sick or lean, one who discards \_\_\_\_\_ gets success if he practices Yoga.
4. Hatha Yoga is for the fruit of \_\_\_\_\_.
5. When Atma and mind become one, it is called Samadhi.
6. Yogi desirous of success should keep the knowledge of Hatha Yoga \_\_\_\_\_.
7. There is no āsana like the \_\_\_\_\_.
8. There is no Kumbhaka like the \_\_\_\_\_.
9. There is no mudrā like the \_\_\_\_\_.
10. There is no *laya* like the \_\_\_\_\_.

**PTO**

**IV. MATCH THE FOLLOWING:**

**10 x 1 = 10 Marks**

**A**

- 1) Vijroli
- 2) Anima
- 3) Jalandhar
- 4) Sitkari
- 5) Courage
- 6) Tapas
- 7) Continence
- 8) Padmasana

**B**

- a) Asana
- b) Yama
- c) Mudra
- d) Niyama
- e) Bandha
- f) Pranayama
- g) Sidhi
- h) Shatkriya

**V. WRITE (T) IF THE QUESTION TRUE OR (F) FOR FALSE: 5 x 1 = 5 Marks**

- a) Yogin Swatmarama, after saluting his Guru Srinatha explains Hatha Yoga for the attainment of Karma Yoga.
- b) Yogi desirous of success should keep the knowledge of Hatha Yoga secret.
- c) The Yogi should practice Hatha Yoga in a small room, situated in a solitary place.
- d) Siva taught 84 āsanās. Of these the first four being essential ones are Siddha, Padma, Sinha and Bhujanga.
- e) Asanas, various Kumbhākas, and other divine means, all should be practiced in the practice of Hatha Yoga, till the fruit of Raja Yoga is obtained.