

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

BS T 202 Patanjali Yoga Sutras

DATE: 25.05.2012

Time: 3 Hours

Max. Marks: 100

Q1. Answer any five:

[5X10=50]

1. Explain first four slokas of samadhi pada in brief?
2. Describe Five Vrittis?
3. What are antarays?
4. What are the solutions to the obstracle faced by sadhakas?
5. Describe Astanga Yoga step by step?
6. What are the benifits achieve by matesting the Yama and Niyamas?

Q2. Answer any five:

[5X5=25]

1. How do you overcom from vrities?
2. What are other five means of achiving Sidhis?
3. Describe types of Samadhies?
4. Explain concept of asana accoding to Patanjali?
5. What are Kleshas? Write each one in short?
6. Write in short about Kriya Yoga?

Q3. Fill up the blanks:

[1X10=10]

1. The pramanas are and
2. Contemplation onis a direct route samadhi.
3. The practice should be done without a
4. Attachment rests on the inner memory of
5. Meditation posture should beand
6. The three processes of dharana, dhyana, and samadhi, when taken together on the same object, place or point is called
7. Patanjali Yoga Sutra contains number of slokas.

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Q4. Match the Following column A and B:

[1X10=10]

	Column 'A'		Column 'B'
1)	Patanjali	A.	Mastering thirst and hunger
2)	Antaranga Yoga	B.	Pranayama
3)	Avidya	C.	Four Pada
4)	Breath control	D.	Dhyana
5)	Kantha kupa	E.	Keshas
6)	Seed less	F.	mirage in desert
7)	Viparjaya	G.	Vrittis
8)	Ekagra	H.	Pratyahara
9)	Memory	I.	Nirvija samadhi
10)	Fifth anga	J.	parinamah

Q5. Write any two Sutras from Patanjali Yoga Sutra text in Samskrit.

[2.5X2=5]