

# 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)

## MS T 103 Introduction to Samskrita and Yoga Philosophy & Health

Date: 29.05.2012

Time: 10.00 am – 1.00pm

Max. Marks: 50

### I. Fill in the blanks

10 \*1 = 10 Marks

1. Pātanjala Yoga is one among the six systems of Indian philosophy known as -----
2. Patanjali, compiled the essential features and principles of Yoga in the form of -----
3. According to ----- puts it “Yoga is a means of compressing one’s evolution into a single life or a few months or even a few hours of ones bodily existence”.
4. According to ----- Yoga is a conscious process of gaining mastery over the mind.
5. -----in Sanskrit means peace, satisfaction and comfort and that is health.
6. According to ----- Yoga is called a skilful trick to calm down the mind.
7. Going against what is right causes imbalances. These imbalances amplify themselves resulting in mental illnesses called -----
8. Physical ailments i.e. the Vyadhis caused by these Adhis is -----
9. -----which describes the genesis of Illnesses and suggests the remedy for the same.
10. -----can be handled through conventional medicines (the chemotherapy of modern medicine and Ayurveda), Mantras with their natural vibrational characteristics) and good actions.

**II. Answer any FOUR of the following questions:**

**4\*5 =20 Marks**

1. What are the dimensions of personality development of yoga ?
2. Which Upanishad describes Pancha Kosha? What are they? Explain.
3. Which are the pancha pranas?
4. Write a brief account on the setting of Yoga Vasistha?
5. Write down the classification of yoga according to Hatharatnavali and explain.

**III. Answer any TWO of the questions:**

**2 \* 10 = 20 Marks**

1. Write about the life style prescription as discussed in Yoga vasistha?
2. Discuss about Pranayama in Hatharatnavali as well as in Gherandha Samhita and its therapeutic benefits.
3. Write down the types of dhyana as discussed in Gherandha samhita and how does dhyana help as a therapeutic tool?