

**SWAMI VIVEKĀNANDA YOGA ANUSANDHĀNA SAMSTHĀNA**

A University, established under Section 3 of the UGC Act, 1956

(Ekmath Bhavan, # 19, Gavipuram Circle, Kempegowda Nagar, Bangalore 560 019, India)

**PGDYT T 202 Yoga Texts (Patanjali Yoga Sutras)**

**DATE: 27.05.2012**

**Time: 3 Hours**

**Max. Marks: 50**

**Q1. Answer all the questions:**

**5X10=50**

1. What is the significance of Omkara?
2. What are the methods of overcoming the obstacles to Yoga? Which would you personally prefer and why?
3. What are Klesas? How do they create problems for Yoga practitioners?
4. What powers does a Yogi acquire by practicing Yama and Niyama?
5. Which one of the yogic powers would you consider worth acquiring and why?