

Swami Vivekananda Yoga Anusandhana Samsthana

A University, established under Section 3 of the UGC Act, 1956 vide
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PGDYT – II Semester

PGDYT T 202 Bhagavadgita

Date: 31-05-2012

Max Marks: 100

Day: Thursday

Duration: 3 Hours

- Instructions: 1. Write neatly & answer to the point.
2. Maintain a beautiful smile on the face throughout.
3. Kindly answer the I, II & III Questions in the QP itself.

I. Choose the appropriate answer among the four options given: 1 x 10 = 10

1. Ajamila was a _____ {Brahmana: Kshatriya: Vaishya: Shudra}
2. The key quality which characterizes such adepts in the bhakti path is possessing a tremendous _____ for all. {bhakti: seva: love: indifference}
3. Milk of the buffalo is considered more _____ since it is heavier and more fattening. {Tamasik: Rajasik: Sattvik: Tattvik}
4. _____ is characterized by creation as well as great endeavor for sense gratification and economic development. {Tamo-guna: Rajo-guna: Sattva-guna: Raja-guna}
5. One falls down from the right path when _____ is destroyed. {attachment: passion: reasoning: anger}
6. As the bhakta proceeds from Saguna to Nirguna bhakti, he finds _____ everywhere. {emptiness: space: God: himself}
7. The fifteenth chapter of Bhagavadgita is called _____. {Sannyasa Yoga: Purushottama Yoga: Karma Yoga: Bhakti Yoga}
8. Yoga's aim is to escape from the cycle of _____. {birth & death: merit & demerit: love & hate: happiness & sorrow}
9. The fifth limb of Astanga Yoga is _____. {Asana: Pranayama: Pratyahara: Dharana}
10. The purpose of Jnana Yoga is to achieve _____ by realizing our true nature. {Moksa: Karma: Bhakti: Jnana}

1/2 x 10 = 5

II. Match the following:

Sl. No.	A	B	Answer
1	BG Chapter IV	Raja-Vidya-Raja-Guhya Yoga	
2	BG Chapter XVI	Karma-Sannyasa Yoga	
3	BG Chapter XVIII	Ksetra-Ksetrajna-Vibhaga Yoga	
4	BG Chapter X	Jnana-Karma-Sannyasa Yoga	
5	BG Chapter IX	Bhakti Yoga	
6	BG Chapter XI	Moksa-Sannyasa Yoga	
7	BG Chapter XIII	Karma Yoga	
8	BG Chapter III	Visvarupa-Darsana Yoga	
9	BG Chapter XII	Vibhuti Yoga	
10	BG Chapter V	Daivasurasampadvibhaga Yoga	

1/2 x 10 = 5

III. Say True or False:

1. Bhagavadgita was first translated into English in 1785 by Charles Wilkins. ()
2. Yoga often refers to the subtle layers of causal states of our mind. ()
3. Raja Yoga is simply service in love & devotion to God. ()
4. Man is himself his friend, himself his foe. ()
5. 'Niyama' is the set of do's. ()
6. As one moves to the higher levels of consciousness, bliss also gets simultaneously diminished. ()
7. Working in awareness becomes the blissful process of unattached action, ()
8. Most people are servants of the senses & are thus directed by the dictates of the senses. ()
9. The mind which follows in the wake of the wandering senses, carries away his ignorance. ()
10. Sattvik foods are Rasyah (Savoury), Snigdha (Oleaginous), Sthirah (Substantial) and Hridyah (agreeable). ()

IV. Answer the following in a sentence: 1 x 5 = 5

1. What is the meaning of the sentence "Yogah Karmasu Kaushalam"?
2. Why should you hold the body, head & neck erect & still in Dhyana Yoga?
3. Define the term - 'Padmapatramivambhasa'.
4. What is Dharana?
5. Why the soul is indestructible & imperishable?

V. Answer the following in two or three sentences: 2 x 5 = 10

1. Who is 'Sthitha Prajna' / 'a man of steady wisdom'?
2. Write short notes on 'Samatvam Yoga Uchhyate'.
3. Name the five organs of perception and five organs of action.
4. Compare & contrast the terms Kama and Prema.
5. What is the secret of action?

VI. Answer the following in brief: 5 x 5 = 25

1. Write about the three modes of nature. (Trigunas)
2. Describe the path of Jnana Yoga.
3. Explain the methodology to be adopted: to approach a Guru in order to acquire the Self-Knowledge.
4. Why the first chapter of the Bhagavadgita is called "The YOGA of Arjuna's Despondency"?
5. What is the concept of 'Atmasvarupa' in Bhagavadgita?

VII. Explain the following in detail: 10 x 4 = 40

1. The theory of four yogas in the context of Bhagavadgita.
2. The practical application of Bhagavadgita in Human Life.
3. The theory of Psycho Analysis in the context of Bhagavadgita.
4. Has this study made any impressions on your personal life? If yes, how? If no, why not?

*****OM*****