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Reg. No.....

Name.....

UNDERGRADUATE DEGREE (C.B.C.S.S.) EXAMINATION, APRIL 2022

Fifth Semester

Open Course—YOGA THEORY AND PRACTICE

(Offered by the B.O.S. in Sanskrit)

[2013—2016 Admissions)

Time : Three Hours

Maximum Marks : 80

Answers may be written either in Sanskrit or in English.

In writing Sanskrit Devanagari script should be used.

Part A

I. Answer *all* the following in a word or sentence. Each question carries 1 mark :

- 1 Write the Vigrahavākya of 'yog nu's sanam'.
- 2 What is 'Āptavacanam' ?
- 3 What is meant by Asthika darsana ?
- 4 Define Anuloma.
- 5 What is Niyama ?
- 6 Define Smṛtiḥ.
- 7 What is Nidra ?
- 8 Define Vikalpa.
- 9 What is called Pramāṇa ?
- 10 Who is the founder of yoga philosophy ?

(10 × 1 = 10)

Part B

II. Write short notes on any *eight* of the following. Each question carries 2 marks :

- 11 Vairāgyam.
- 12 Yogaḥ.

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E 3100

- 13 Avisamvādiññānam.
- 14 Vṛttis.
- 15 I'svara .
- 16 Samprajñātaḥ.
- 17 Antarāyaḥ.
- 18 Trigūṇas.
- 19 Samādhi.
- 20 Nirodhaḥ.
- 21 Pratyaksham.
- 22 Praṇavaḥ.

(8 × 2 = 16)

Part C

III. Write short essays on any *six* of the following. Each question carries 4 marks :

- 23 Sarvāṅgāsana.
- 24 Gomukhāsana.
- 25 Vri'schik sana.
- 26 Matsyāsana.
- 27 Padmāsana.
- 28 Bhujāṅgāsana.
- 29 Bhojavṛttiḥ.
- 30 Jihva Bandha.
- 31 Fruits of Upasanas.

(6 × 4 = 24)





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Part D

IV. Write essays on any *two* of the following. Each question carries 15 marks :

- 32 Prānāyāma - the yoga of breathing—Explain.
- 33 Emotional background of health and yogic culture—Discuss.
- 34 Explain the 'food and fasting in yoga culture.
- 35 Yoga—Physical and mental training in yogasutra—Explain.

(2 × 15 = 30)

