

G 3493



Reg. No.....

Name.....

B.A. DEGREE (C.B.C.S.S.) EXAMINATION, JUNE 2026

Fifth Semester

B.A. Philosophy

Open Course – YOGA AND PERSONALITY DEVELOPMENT

(2014–2016 Admissions–Mercy Chance)

[For Private Registration Candidates]

Time : Three Hours

Maximum Weight : 25

Instructions : *This question paper contains two sections. Answer Section I questions in the answer-book provided. Section II Internal Examination questions must be answered in the question paper itself. Follow the detailed instructions given under Section II.*

Section I

Part A

*Answer all questions.
Each bunch of four questions carries a weight of 1.*

Bunch I

1. The Metaphysics of Yoga is _____.
(a) Samkhya dualism. (b) Vaisesika pluralism.
(c) Advaita non-dualism. (d) None of these.
2. Yoga philosophy is one of the six major schools of _____.
(a) Western philosophy. (b) Chinese philosophy.
(c) Hindu philosophy. (d) None of these.
3. Yoga sutra is written by _____.
(a) Kapila. (b) Patanjali.
(c) Buddha. (d) Kanada.
4. Yoga sutra is divided into _____ chapters.
(a) 3. (b) 4.
(c) 2. (d) 5.





G 3493

Bunch II

5. Yoga is defined as _____.
 (a) Physical exercise. (b) Mental exercise.
 (c) Citta-vrtti-nirodhi. (d) None of these.
6. Vikalpa means _____.
 (a) Wrong knowledge. (b) Memory.
 (c) Verbal delusion. (d) None of these.
7. The modification of citta are of _____ kind.
 (a) 5. (b) 4.
 (c) 3. (d) 2.
8. Which among the following is not forms of mind ?
 (a) Prakchya. (b) Pravrtti.
 (c) Sthiti. (d) Smriti.

Bunch III

9. Pramana means _____.
 (a) Wrong knowledge. (b) Memory.
 (c) Sleep. (d) Right knowledge.
10. Goal of Yoga philosophy is _____.
 (a) Moksa. (b) Kailvalya.
 (c) Nirvana. (d) Liberation.
11. Yama in Yoga system means _____.
 (a) Abstention. (b) Posture.
 (c) Concentration. (d) Observance.
12. Un-interrupted, deep meditation is _____.
 (a) Dharana. (b) Dhyana.
 (c) Concentration. (d) Pratyahara.





G 3493

Bunch IV

13. In Yoga system ——— denotes the withdrawal of the senses.
- (a) Pratyahara. (b) Dharana.
(c) Dhyana. (d) None of these.
14. Which among the following is not a kind of personality ?
- (a) Dull mind. (b) Dissipated mind.
(c) Oscillating mind. (d) Ignorance.
15. Samprajnata Samadhi is related to ———.
- (a) Ekagra. (b) Nirudha.
(c) Negative. (d) None of these.
16. Raja yoga meditation means ———.
- (a) Royal path. (b) Golden path.
(c) Supreme path. (d) None of these.

(4 × 1 = 4)

Part B

*Answer any **five** questions.
Each question carries a weight of 1.*

17. Define Yoga.
18. Smriti.
19. Oscillating mind.
20. Forms of mind.
21. Trait approach.
22. Astanga yoga.
23. Kaivalya.
24. Personality.

(5 × 1 = 5)





G 3493

Part C

*Answer any **four** questions.
Each question carries a weight of 2.*

25. Write a note on nature and scope of Yoga.
26. Explain cessation of mental modifications.
27. Explain the relation between mind and consciousness.
28. Discuss five fold pain and reduction of pain.
29. Write a note on kleshas.
30. 'Sthira Sukham asanam'—Elucidate.

(4 × 2 = 8)

Part D

*Answer any **two** questions.
Each question carries a weight of 4.*

31. Explain the philosophical basis of Yoga philosophy.
32. Discuss 'Yoga-Chitta-vrtti-'nirodha'.
33. Explain the five kinds of personalities.

(2 × 4 = 8)

