



YOGA PHILOSOPHY

QP Code: 2511

Your answers should be specific to the questions asked.

Draw neat, **labeled diagrams wherever necessary.**

LONG ESSAY (Answer any two)

2 X 10 = 20 Marks

1. Explain the theory of Body, Mind and Soul.
2. Discuss the historical highlights of Yoga with reference to Upanishads, Puranas and Smritis.
3. Explain the Western Philosophy and discuss the Indian thought.

SHORT ESSAY (Answer any eight)

8 X 5 = 40 Marks

4. Explain the basis of Yoga.
5. Discuss Yamas in detail.
6. Obstacles in the path of Jnana Yoga
7. Describe the difference between Breathing exercises and Pranayama with benefits.
8. What is Karma Yoga? Discuss various types of Karmas.
9. Describe Bahiranga Yoga.
10. Explain the Spiritual values of Pranayama.
11. Describe the various steps in Suryanamaskara with its prayer and benefits.
12. Discuss Navavidha Bhakti in detail.

SHORT ANSWERS (Answer any ten)

10 X 2 = 20 Marks

13. Astanga Yoga
14. Name ten Upanishads.
15. Name Karmendriyas.
16. Shat Darshana
17. Describe Yoga according to Bhagavadgita.
18. Soul
19. Samyama
20. Purusha and Prakriti
21. Smriti
22. Dhouti
23. Cittavritti

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