



Time: Three Hours

Max. Marks: 80 Marks

YOGA PHILOSOPHY

QP Code: 2535

(QP contains two pages)

Your answers should be specific to the questions asked.

Draw neat, labeled diagrams wherever necessary.

Section - A

Multiple Choice Questions

10 X 1 = 10 Marks

1. Parts of Nyaya darshana with more logic explanation is
 - a) Prachina nyaya
 - b) Naveena nyaya
 - c) Purathana nyaya
 - d) None of the above
2. Ishwara sankhya is the other name of
 - a) Nyaya darshana
 - b) Yoga darshana
 - c) Vaisheshika darshana
 - d) Sankhya darshana
3. Dakshina nauli is the movement of abdominal recti from
 - a) Right to left side
 - b) Center
 - c) Left to right side
 - d) None of the above
4. Apana is
 - a) Upward movement of prana
 - b) Downward movement of prana
 - c) Prana in abdominal region
 - d) Prana in chest region
5. Katho Upanishad is the recension from
 - a) Atharva veda
 - b) Krishna yajurveda
 - c) Sukla yajurveda
 - d) Rig veda
6. Mimamsa darshana strongly believes in
 - a) Ishwara
 - b) Brahma
 - c) Vedas
 - d) Shoonyatha
7. Nyaya Darshana explains about principles
 - a) 14
 - b) 16
 - c) 15
 - d) 17
8. Abhinivesha is one of the
 - a) Vritti
 - b) Klesha
 - c) Yama
 - d) Niyama
9. Founder of Adwaitha Vedanta is
 - a) Shankaracharya
 - b) Madhwacharya
 - c) Ramanujacharya
 - d) Sukracharya
10. Gunas according to vaisheshika
 - a) 04
 - b) 24
 - c) 34
 - d) 14





Section B

LONG ESSAYS (Answer any two)

2 X 10 = 20 Marks

11. Describe the nature of physical world according to nyaya darshana.
12. Explain "yoga chitta vriti nirodha".
13. Explain the process of evolution of universe according to Sankhya. Add a note on theory of cause and effect.

SHORT ESSAYS (Answer any ten)

10 X 5 = 50 Marks

14. Ishavasya Upanishad
15. Explain trataka along with its spiritual benefits.
16. Arthapatti as a means of knowledge
17. Difference between breathing exercise and pranayama.
18. Vedanta
19. Smrithi
20. Spiritual value of Pranayama
21. Explain Kriya yoga and its relation to Bhagvadgita.
22. Samapatti
23. Mimamsa
24. Chitta vikshepas
25. Mahayana school of Buddhist philosophy

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