



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. Discuss Shat Kriyas in detail.
2. Explain Astanga Yoga in detail.
3. Discuss the rules, regulations and limitations of Asanas.

SHORT ESSAY (Answer any eight)

8 X 5 = 40 Marks

4. Explain the difference between Sarvangasana and Vipareeta Karani with their benefits.
5. Discuss Shat Darshanas.
6. Describe the concept of Karma Yoga and its applications in the modern world.
7. Explain the concept of Indian Psychology and compare it to Western concept of Psychology.
8. Describe the procedure and benefits of Mayurasana.
9. Explain Abhyasa and Vairagya.
10. Explain the concept of diet according to Yoga.
11. Discuss nature of Soul and evidence for the existence of Soul.
12. Describe procedure and benefits of Nadi Shuddi Pranayama.

SHORT ANSWERS (Answer any ten)

10 X 2 = 20 Marks

13. Ahimsa
14. Define Yoga according to Maharshi Patanjali.
15. Mahat
16. Name ten Puranas.
17. Ustrasana
18. Sheetali Pranayama
19. Vikshepa
20. Gauna Bhakti
21. Pratyahara
22. Prayaschitta Karma
23. Pramana

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