

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 of the following)**2 X 10 = 20 Marks**

1. What is Karma? Explain in detail about Karma Yoga
2. Discuss the Historical highlights of Yoga with reference to Yoga Upanishads puranas & smritis
3. Explain the essence and destiny of man according to upanishads, buddhism and sankhya philosophy

SHORT ESSAY (Answer any eight of the following)**8 X 5 = 40 Marks**

4. Secrete of work
5. Definitions of Bhakti
6. Definitions of Yoga
7. Niyamas
8. Dharana
9. Dhyana
10. Samadhi
11. Hata Yoga
12. Fruits of bhakti

SHORT ANSWERS (Any Ten)**10 X 2 = 20 Marks**

13. 2 important effect of sirshasana
14. Write the techniques of vajrasana
15. Obstacles in the path of bhaktiyoga
16. Aparigraha
17. Write the techniques of jyothi trataka
18. Name the shatkriyas
19. Name four bhakti yogis
20. Types of karma
21. Two important difference between psychology and yoga
22. Samskara
23. Write the Technique of Ujjai pranayama

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