

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. Explain Raja yoga with its applications
2. Explain western philosophy with its various schools
3. Explain the pancha Kosha theory according to yoga philosophy

SHORT ESSAY (Answer any eight of the following)

8 X 5 = 40 Marks

4. Explain the practicing procedure of parshwakonasana with benefits
5. Describe spiritual values of pranayama and shat kriyas
6. Explain various definitions of yoga
7. Explain Prathyahara. How does it help in the practice of Antaranga Yoga
8. Write the steps for the practice of shitali pranayama and describe its benefits
9. Explain the difference between asanas and Asanas
10. Explain the practicing procedure of neti with its benefits
11. Explain citta & cittavrittis according to Raja Yoga
12. Describe Bhakti yoga

SHORT ANSWERS (Any Ten)

10 X 2 = 20 Marks

13. Name 5 Jnana Yogis
14. Upanishads & Vedas
15. Nadi & Prana
16. Nauli
17. Samadhi
18. Types of Karma
19. Kaphala Bhati
20. Jyothi Trataka
21. Ishwara Pranidhana
22. Shat Sampatti
23. Vipareeta Karani

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