

Rajiv Gandhi University of Health Sciences

II Year B.N.Y.S Degree Examination – OCT-2019

Time: Three Hours**Max. Marks: 80 Marks****YOGA PHILOSOPHY (RS-3)****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. Dhyana is
 - a) Concentration with effort
 - b) Concentration without effort
 - c) Withdrawal of senses
 - d) All the above
2. Asmprajna samadi also known as
 - a) Asmita
 - b) Vitarka
 - c) Vichara
 - d) Anyaha
3. Total number of sutras in Samadhi pada
 - a) 196
 - b) 51
 - c) 38
 - d) 52
4. Philosophy which deal with performance in Vedas is
 - a) Vedanta
 - b) Nyaya
 - c) Mimamsa
 - d) Yoga
5. Santhosha is
 - a) Yama
 - b) Vrata
 - c) Klesha
 - d) Niyama
6. Jaimini is a author of
 - a) Vedanta
 - b) Mimamsa
 - c) Sankhya
 - d) Nyaya
7. Founder of Advita Vedanta
 - a) Ramanuja
 - b) Madhva
 - c) Shankara
 - d) None of the above
8. Vikalpa is
 - a) Klesha
 - b) Chitta vikshepa
 - c) Vritti
 - d) Niyama
9. Chitta vikshepas are
 - a) 5
 - b) 8
 - c) 13
 - d) 12
10. After meal posture is a another name of this asana
 - a) Padmasana

Rajiv Gandhi University of Health Sciences

- b) Sukhasana
- c) Vajrasana
- d) Samasana

Section B

LONG ESSAYS (Answer any two)

2 X 10 = 20 Marks

- 11. What are Antaranga Sadana? Explain detail about Bahiranga Sadhana.
- 12. Explain the purpose and philosophy of yoga.
- 13. Explain in detail about Sankhya philosophy.

SHORT ESSAYS (Answer any ten)

10 X 5 = 50 Marks

- 14. Various Branches of yoga
- 15. Pramanas according to vaisheshika philosophy
- 16. Kleshas
- 17. Paschimotanasana
- 18. Athman according to Nyaya Philosophy
- 19. Bhastrika
- 20. Mind according to vedantic philosophy
- 21. Neti
- 22. Taithreyi Upanishads
- 23. Eight fold path according to budhism
- 24. Gunas and their feature according to vaisheshika philosophy
- 25. Spiritual values of Kriyas

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