



1. Explain the history of yoga according to Upanishads.
2. Name the gunas and their features according to vaisheshika philosophies.

SHORT ESSAYS

10 X 5 = 50 Marks

3. Various schools of yoga
4. Samadhi
5. Different objects of yoga
6. Major schools of Buddhism
7. Sirsasana
8. Pramanas and prameyas according to Nyaya philosophies
9. Ishwara sankhya
10. Various applications of yoga
11. Brahma
12. Buddhi

Multiple Choice Questions

10 X 1 = 10 Marks

13. Ahankara evolved from
 - a) Nyaya
 - b) Vaisheshika
 - c) Sankhya
 - d) Mimamsa
14. Dhyana is
 - a) Concentration with effort
 - b) Concentration without effort
 - c) Withdrawal of senses
 - d) All the above.
15. Suffering from fever is _____ kind of dukha
 - a) Adhi daivik
 - b) Adhi bhautic
 - c) Adhyathmic
 - d) None of the above
16. Author of Bhagavad Gita
 - a) Ganesha
 - b) Krishna
 - c) Ramakrishna
 - d) Vyasa





19. Aparigraha
- a) Yama
 - b) Niyama
 - c) Vritti
 - d) Klesha
20. Apavarga means
- a) Salvation
 - b) Realization
 - c) Religion
 - d) Knowdge
21. Vikalpa is
- a) Klesha
 - b) Chitta vikshepa
 - c) Vritti
 - d) Niyama
22. Asmprajna samadi also known as
- a) Asmita
 - b) Vitarka
 - c) Vichara
 - d) Anyaha

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