



LONG ESSAYS

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1. Brief note on Patanjali and explain the four padas of Patanjali yoga sutras.
2. Define Bhakti yoga and practicing method with benefits.

SHORT ESSAYS

10 X 5 = 50 Marks

3. Kukkutasana
4. Yoga Nidra
5. Effect of Yoga on social life
6. Asanas and exercises.
7. Raja yoga
8. Kumbhakas
9. Yoga for old age
10. Food system in yoga
11. The secret of action-Karma yoga
12. Explain types of Pranayama.

Multiple Choice Questions

10 X 1 = 10 Marks

13. Hatha yoga pradipika was written by.
a) Mahayogindra
b) Swatmarama
c) Gheranda
d) Gorakhnath
14. Shatkarma is the preparation for
a) Meditation
b) Samadhi
c) Asanas
d) Pranayama
15. Spiritual aspect of pain is called
a) Adhyatmik
b) Adhibhautik
c) Adhidevik
d) All the above
16. Hinayana means
a) Religious path
b) Samadhi path
c) Narrow path
d) Spiritual path





19. Moorcha pranayama means
- Swooning breath
 - Vitality stimulating breath
 - Gulping breath
 - All the above
20. Swastikasana means _____
- Cows face pose
 - Auspicious pose
 - Gracious pose
 - None of the above
21. Ujjaji pranayama means _____
- Psychic breath
 - Cooling breath
 - Swooning breath
 - Vitality stimulating breath
22. The systematic stages of yoga can only be learned from a competent guru was told by
- Shiva samhita
 - Skanda purana
 - Sruti
 - Yoga bija

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