

SWAMI VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA
(S-VYASA)

(declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)

FINAL EXAMINATION

BSC P 401 Advanced Yoga Techniques

Date : 17-May-2011

I. Answer the following questions in one or two sentences: Each one carries 2 Mark. 5*2=10

1. Why are advanced yogic techniques called so?
2. List all advanced techniques and also mention the Kosa which they strengthen.
3. Explain what do we do in 4th step of MSRT and Why?
4. Write the starting prayer of MIRT and its meaning.
5. Why do we practice resolve?

II. Fill in the blanks. Each one carries 1 Mark. 3*1=3

1. MIRT stands for _____
2. Mind is subtler than _____
3. In PET we work with _____ prana.

III. State whether the following statements are True or False. Each one carries 1 Mark. 2*1=2

1. According to Modern Scientists Mind exists only if brain exists.(T/F)
2. An Active Image can be made neutral by repeating it slowly number of times. (T/F)