

SWAMI VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA
(S-VYASA)

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

BST 202 Patanjali Yoga Sutra

Date : 21-May-2011

Time : 3Hr

Max Marks: 100

I. Answer the followings with a sentence

10X1=10

1. What is the meaning of Atha in the first Sutra of Patanjali?
2. How many Vrittis are there? Name all of them.
3. What is the nature of the Vrittis?
4. Write down all the obstacles?
5. What are the results of Antaraya?
6. What are the two keys to mastering thought patterns?
7. What are the three parts of Kriya Yoga?
8. Practicing Kriya Yoga brings what two results?
9. What is the root cause of Klesha?
10. What is the result of well-establishment in Satya?

II. Match the followings

05X1=5

- | | |
|----------------|----------------------|
| 1. Pranava | A) Raja yoga |
| 2. Kantha kupa | B) Siddhis |
| 3. Patanjali | C) Parinama |
| 4. Samyama | D) Om kara |
| 5. Samadhi | E) Thirst and Hunger |

III. Mark the ungrouped word

05X1=5

1. Pramana, Viparyaya, Vikalpa, Avidya
2. Raga, Dvesha, Vyadhi, Abhinivesha
3. Sadhana Pada, Samadhi Pada, Asana Pada, Vbhuti Pada
4. Vyadhi, Samshaya, Asmita, Avirati
5. Nidra, Duhkha, Angamejayatva, Shvasa,

IV. Fill the blanks

10X1=10

1. Types of Samprajnata Samadhi _____, _____, _____ and _____.
2. Ritubhara _____.
3. _____ Iswarah.
4. Tatra sthitau _____.
5. _____ Kriya Yogah.
6. _____ leads to Iswara.
7. Vrittis can be controlled by _____ and _____.

Continues

8. _____, _____, _____, _____ and _____ are Niyamas
9. _____ is the result of Pranayama.
10. _____ and _____ these are the two characteristics of Asana.

V. Write short notes on the following topics (Any 14). 14X5=70

1. Samadhi
2. Abhyasa and Vairagya
3. Nirbija Samadhi
4. Ashtanga Yoga
5. Antarayas
6. Kriya Yoga
7. Results of practice of Yama and Niyama
8. Asanas
9. Pranayama
10. Samyama
11. Yoga
12. Astangayoga yoga
13. Kleshas
14. Cittaprashadanam
15. Three types of prinamas

***** Wish You All the Best *****