

**SWAMI VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA
(S-VYASA)**

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

MS T 204 Patanjali Yoga Sutras and Hatha Yoga

Date : 30-May-2011
Time : 2 Hr

Max Marks: 60

OPEN BOOK

Write the following sutras in Sanskrit, transliterate them using the standard International transliteration code and translate them: Samádhi Pada 49; Sadhana Pada 34; Vibhüti Pada 9; Kaivalvya Pada 34

(12 Marks)

Write short notes on any three

(18 Marks)

- | | | |
|---------------|---------------------|-------------------|
| a. Kriyá Yoga | b. Theory of Klesas | c. Pránta Bhümi |
| d. Yama | e. Niyama | f. Pratyáhára |
| g. Ásanas | h. Shat Kriyas | i. Nadanusandhana |

Match the following:

(16 marks)

- | | |
|----------------|--|
| a) Samádhi | () Enemy animals living together |
| b) Samprajòata | () Ahinsá |
| c) Kleüas | () Use senses to gain mastery over mind |
| d) Pratyáhára | () Savicára |
| e) Yama | () Dirt in the mind |
| f) Niyama | () Tatra Prajná |
| g) Dháraüa | () Transformations |
| h) Dhyána | () The trifold process |
| i) Yoga | () Drstuh svarupe avasthánam |
| j) Mahávratas | () Not a magic or trick |
| k) Pránáyáma | () Elasticity of the groups of muscles |
| l) Ásanas | () Avidyá, etc. |
| m) Pariüamas | () Focus |
| n) Samyama | () Absorption in a single thought |
| o) Kaivalya | () Santouá |

Answer any two

(14 Marks)

- Describe the two laws of creation
- Describe Karma Siddhánta
- Theory of perception
- Concept of Nadis and Chakras
- Pranayama according to Patanjali and Swatma Rama

*****WISH YOU ALL THE BEST*****