

# SWAMI VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA

## (S-VYASA)

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

### FINAL EXAMINATION

### MSC T 204 Hathayoga Pradipika

Date : 23-May-2011  
Time : 2Hr

Max Marks: 50

#### I. Critically analyze (Any Two)

10\*2 = 20 Marks

1. What do you mean by Mulabandha? Explain the procedure of Uddiyana Bandha. What are the benefits of Jalandhara Bandha? 2+4+4 Marks
2. Write a descriptive note on Kundalini as explained by Swatmarama. What are the benefits of Nadanusandhana? 7+3 Marks
3. What do you mean by Khechari? Explain the procedure of Shambhavi Mudra. What are the benefits of Vajroli? 2+5+3 Marks

#### II. Write essay on the following (Any Five)

5\*4 = 20 Marks

1. Amaroli
2. Manonmani
3. Procedure of Khechari
4. Nishpatti Avastha
5. Benefits of Uddiyasna Bandha
6. Viparitakarani

#### III. Match the following

5\*1 = 5 Marks

- |                        |                   |
|------------------------|-------------------|
| 1. कर्पूरम्            | सामान्य गणिका इव  |
| 2. वेदशास्त्र पुराणानि | अनल               |
| 3. इन्द्रियाणां        | नित्यं हितमिताशनः |
| 4. मनो यत्र विलीयते    | मनो नाथः          |
| 5. ब्रह्मचर्यरतस्यैव   | पवनस्तत्र लीयते   |

#### IV. Fill in the Blanks

5\*1 = 5 Marks

1. पादमूलेन \_\_\_\_\_ धारयेद्दृढम्॥
2. सशैलवनधात्रीणां \_\_\_\_\_ हि कुण्डली॥
3. नमः शिवाय \_\_\_\_\_ परायणः॥
4. यदा संक्षीयते \_\_\_\_\_ समाधिरभिधीयते॥
5. The author of Hathapradipika is \_\_\_\_\_.

\*\*\*\*\*Wish you All the Best\*\*\*\*\*