

**SWAMI VIVEKANANDA YOGA ANUSANDHANA  
SAMSTHANA**

**(S-VYASA)**

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

FINAL EXAMINATION

**PGDYT P 104 Advanced Yoga Techniques**

**Date : 17-May-2011**

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V. Answer the following questions in one or two sentences: Each one carries 2 Mark. 2X5=10

VI. Answer the following questions in one or two sentences: Each one carries 2 Mark.

6. Why are advanced yogic techniques called so?
7. List all advanced techniques and also mention the Kosa which they strengthen.
8. Explain what do we do in 4<sup>th</sup> step of MIRT and Why?
9. Write the starting prayer of VISAK and its meaning.
10. How is the resolve of MEMT different from the resolve in other practices?

VII. Fill in the blanks. Each one carries 1 Mark.

1X3=3

4. ANAMS stands for \_\_\_\_\_
5. Mind is subtler than \_\_\_\_\_
6. In PET we work with \_\_\_\_\_ prana .

VIII. State whether the following statements are True or False. Each one carries 1 Mark.

3. According to Modern Scientists Mind exists only if brain exists.(T/F)
4. To get resonance at body level by mind sound is Mind Sound Resonance.(T/F)