

B.Sc. (Honours) Examination, 2019
Semester-II
Yogic Art & Science
Course : BC-CT 202
(Patanjali Yoga Darshana)

Time : 3 Hours

Full Marks : 70

Questions are of value as indicated in the margin
Answer one question from each unit
UNIT - I

1. Explain in detail about five Chitta Bhoomis and Chitta Vrittis. 7+7=14
Or
Elaborate Ishwar and Ishwar Pranidhana with respect to Rishi Patanjali. 7+7=14

UNIT – II

2. What is Samadhi? Discuss about Samapatti, Savitarka and Nirvitarka samapatti. 2+12=14
Or
What is Yoga Lakshanam? Discuss about Samprajnata and Bhavapratyaya and Ritambhara Prajna. 2+12=14

UNIT – III

3. Write about Kriya Yoga. What is the benefit of Kriya Yoga practice? What are the other practices to reduce Kleshas? 3+3+8=14
Or
Briefly explain in detail about five types of Kleshas. 14

UNIT – IV

4. Explain about introduction of Dharana, Dhyana, and Samyama with its effects. 14
Or
Mention and discuss the types of Chitta Parinamah and Karmas. 14

UNIT – V

5. Write down short notes (**any two**) : 7×2=14
a) Asana as per Rishi Patanjali b) Yoganushasanam c) Kaivalya Nirvachana

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