

**B.Sc. (Honours) in Yoga Examination, 2018**  
**Semester-II**  
**Course: BS-CT202**  
**(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. What do you mean by yoga? Write the brief introduction to Maharshi Patanjali and Patanjali yoga sutra. 2+12=14

**Or**

“ChittaVritti Nirodha” – Explain in details. Write the relevance of Chitta-prasadhana in yoga sadhana. 10+4=14

**Unit – II**

2. Explain the concept of asana as describe by Maharshi Patanjali. Write a note on pranayama and its types - explain in patanjali yoga sutra. 04+10=14

**Or**

Write down the different obstacles in the path of yoga. How you will remove these obstacles - explain. 04+10=14

**Unit – III**

3. Briefly explain the view of “Caturvyuha” as described in patanjali yoga sutra. 14

**Or**

How klesha cause pain? Describe the methods through which kleshas can be reduced. 4+10=14

**Unit – IV**

4. Write the Different means to achieve Samadhi. Explain the five types of Samadhi in details. 4+10=14

**Or**

Write a note on Dharana and Dhyana. Explain the concept of kaivalya. 10+4=14

**Unit – V**

5. Write short notes on: 7+7=14
- a. Yama and Niyama
  - b. Abhayasa and Bairagya

**Or**

- a. Kriya Yoga
  - b. Samyama
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