

TILAK MAHARASHTRA VIDYAPEETH, PUNE

M.A. YOGA

EXAMINATION : NOVEMBER – 2022

FOURTH SEMESTER

Sub. : Patanjali Yoga Sutra (402)

Date: 23/11/2022

Total marks: 60

Time: 10.00 am to 12.30 pm

Instructions:

- 1) All questions are compulsory.
- 2) Figures to the right indicate full marks.

Q. 1 Multiple choice questions. (10)

1. ----- is achieved by the practice of 'Kriya Yoga'.
a) Chittaprasadana b) Abhyasvairagya
c) Kleshtanukaran d) Ishwarpranidhan
2. ----- is not a type of Vrutti
a) Pramana b) Nidra
c) Ekagra d) Viparyay
3. Siddhis are treated as -----in Vyuthan.
a) Upasarga b) Apasarga
c) Jay d) Vijay
4. Dharana, Dhyan, Samadhi together means -----
a) Samyam b) Yama
c) Niyam d) Asan
5. Vachak of Ishwar is -----.
a) Pranav b) Dhyan
c) Japa d) Shabda
6. Bahiranga Yog includes-----.
a) Yama & Niyam b) Asan & Pranayam
c) Pranayam & Pratyahar d) Yama, Niyam, Asan, Pranayam, Pratyahar
7. There are total -----no of sutras in 'The Yog Sutras of Patanjali'
a) 194 b) 195
c) 196 d) 197
8. The five Kleshas include Avidya, -----Rag, Dvesh, Abhinivesh
a) Viparyay b) Asmita
c) Aalasya d) Angamejayatva
9. Outcome of Pratyahar practice is
a) Physical & mental Stability b) Control over breath
c) Maitry & Mudita d) Control over senses
10. Animosity is destroyed with -----
a) Satya b) Brahmacharya
c) Karuna d) Ahimsa

Q. 2 Short Answer questions (Any Four) (20)

1. Nirbeej Samadhi
2. Iswarpranidhan
3. Kleshas
4. Kriyayog
5. Ashtasiddhi
6. Abhyas & Vairagya

Q. 3 Long answer question (Any Two) (30)

1. Explain 5 Vrittis in detail.
2. Write in detail about the obstacles -Vikshepa-Sahabhuvahas on the path of Yoga
3. Describe in detail -What is Samadhi? based on following points-
a) Sabeeja b) Nirbeeja c) Savitarka d) Savichar e) Dharmamegha