

TILAK MAHARASHTRAVIDYAPEETH, PUNE

M.A. YOGA

EXAMINATION : APRIL 2023

SEMESTER - III

Sub. : Practical III (304)

Date: 21/4/2023

Total marks: 60

Time: 2.00 pm to 4.30 pm

Instructions:

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

Q. 1. Multiple choice questions. (10)

1. In Khechari mudra ----- is done.
a) use of tongue
b) use of eyes
c) use of hands
d) use of stomach
2. Which of the below is considered as best for the practice of Tratak ?
a) Oil
b) Wax
c) Cow Ghee
d) Buffalo Ghee
3. In Viparit Karani mudra -----
a) The position of Chandranadi is below Surya Nadi
b) Chandra-amrut reaches at the position of Sun
c) The position of Surya nadi is below Chandra Nadi
d) None of these
4. Which of the below given Mudra practice is effective for Kundalini Awakening ?
a) Yonimudra
b) Akashi mudra
c) Khechari mudra
d) Vajroli mudra
5. Beejamantra of Anahata chakra is ----
a) Yam
b) Lam
c) Ram
d) Om
6. Suryanadi is also known as ----
a) Madhyanadi
b) Pingala
c) Ida
d) Vajra
7. Colour of Muladhar chakra is -----
a) Yellow
b) Red
c) Blue
d) None of these
8. Which of the following is not included in Panchadharana Mudra ?
a) Parthivi
b) Aakash
c) Vayavi
d) Shambhavi
9. The deity of Vayaviy dharana is ----
a) Vishnu
b) Ishwar
c) Surya
d) Sadashiv
10. Ajapajapa is done in -----
a) louder
b) medium sound
c) pashyanti
d) none of these

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

1. Viparit karni
2. Mahabandh
3. Neti
4. Ashwaini mudra
5. Types of dhyana
6. Bhujangini mudra

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

1. Ajapajapa – explain in detail
2. Tratak – write the complete procedure & steps
3. Avartan Dhyana (cyclic meditation) – describe in detail

प्र.३. कोणत्याही दोन प्रश्नांची उत्तरे लिहा.

(३०)

१. अजपाजप- सविस्तर वर्णन करा.
 २. त्राटक - संपूर्ण कृती व पाय-या लिहा.
 ३. आवर्तन ध्यान पद्धतीचे वर्णन करा.
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