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YSH 453 (R)

Second Semester M.Sc. Degree Examination, Sept./Oct. 2022
YOGIC SCIENCE
(2018-19 Batch) (Repeater)
Basics of Integral Approach to Yogic Science – I

Time : 3 Hours

Max. Marks : 70

I. Answer the following questions in one **word**/one **sentence each** : **(10×1=10)**

- 1) Name the famous disciple of Sri Sankaracharya.
- 2) What is the word used in the veda to denote the enlightened ?
- 3) Who is the founder of sankhya ?
- 4) Give an example for 'avisesa' according to Patanjali Yoga Sutra.
- 5) Write any one satvika nature of Buddhi.
- 6) Name *bijamantra* of Svadhisthana cakra.
- 7) What is the colour of Muladhara cakra ?
- 8) Write a characteristic of manifested entity according to Sankhya.
- 9) Who is the founder of Siddha Samadhi Yoga ?
- 10) What is Preksa Meditation ?

II. Write short notes to **any six** of the following :

(6×5=30)

- 1) Hathayoga Tradition.
- 2) Maharshi Patanjali.
- 3) Sri Shankaracharya.
- 4) Divya Yoga.
- 5) Pranic healing.
- 6) Threefold pain.
- 7) Purusa.
- 8) *Pramana* according to sankhya.

III. Explain **any three** of the following :

(3×10=30)

- 1) Historical development of yoga in the Pre-Patanjali Period.
 - 2) Evolution theory according to Sankhya.
 - 3) Six Chakras and their characteristics.
 - 4) Give an account of Naturopathy.
 - 5) Comparison between Sankhya and Yoga.
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