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YSH 453



Second Semester M.Sc. Degree Examination, September/October 2022

YOGIC SCIENCE

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) What is meaning of senses ?
- 2) What is meaning of Naturopathy ?
- 3) What is meaning of behaviour ?
- 4) What is Morality ?
- 5) What is the meaning of *chitta* ?
- 6) Write the number of *Chakras*.
- 7) What is the meaning of Samadhi ?
- 8) Write the meaning of *shwasa*.
- 9) What is the meaning of personality ?
- 10) What are the Chakaras ?

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

(6×5=30)

- 1) Ishvara.
- 2) Shankya yoga.
- 3) Evaluation theory of yoga.
- 4) Chitta.
- 5) Siddha Samadhi yoga.
- 6) Morality.
- 7) Difference between micro and macro.
- 8) Meditational techniques in yoga.

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

(3×10=30)

- 1) Sankya philosophy.
 - 2) Different types of the teaching methods.
 - 3) Explain vipasana pranayama.
 - 4) Historical development of kundalini yoga.
 - 5) Origin and historical development of yoga.
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