



PG – 695

III Semester M.Sc. Degree Examination, January 2018
(CBCS)
HUMAN CONSCIOUSNESS AND YOGIC SCIENCES
Paper 306 : Open Elective – Yoga and Life

Time : 3 Hours

Max. Marks : 70

- Instructions :** 1) Answer *all* the Parts.
2) Answer either in **Kannada** or **English**.

PART – A

Answer **any ten** of the following :

(10×2=20)

1. Define Yoga according to Bhagavad-Gita.
2. Explain concept of health according to WHO.
3. Name the main two schools of Pranayama.
4. Define Pranayama according to Yoga Vasista.
5. Define Asana according to Patanjali.
6. Mention the main four errors in the breathing.
7. Write any two mis concepts about Yoga.
8. Define Psychology. What you mean by memory ?
9. Define Pratyahara according to PYS.
10. Write the main difference between man and animal.
11. Write in your own words about Moksha.
12. Define Kriya. Write any one benefit of Kapala Bhati.

P.T.O.



PART – B

Answer **any four** of the following :

(4×5=20)

1. Mention the Bhavas in Bhakti with an example for each.
2. Write in detail about Kleashas according PYS.
3. Explain in detail about the characteristics of Trigunas.
4. Explain Pancha Kosha Viveka with a neat diagram.
5. Write in detail about Pancha Pranas.
6. Explain happiness analysis with an example.

PART – C

Answer **any three** of the following :

(3×10=30)

1. Explain Bahiranga and Antaranga Yoga.
 2. Write in detail about the historical development of Yoga.
 3. How do you apply Karma Yoga in day to day life ? Explain.
 4. Explain integral yoga.
 5. Write in detail about total personality development.
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