DECEMBER 2024 **P/ID 36717/PSA4T**

Time : Three hours Maximum : 80 marks

PART A — (10 × 2 = 20 marks)

Answer any TEN questions in 50 words each.

1. Define दर्शनम्।

2. How many आस्तिकदर्शनs are there? Name any two.

3. Who propounded the Yoga philosophy? Mention his date.

4. Mention the प्रमाणs accepted by Yoga philosophy.

5. How many limbs in Yogic philosophy? Name any two.

6. Define नियम।

7. Write a short note धारणम्।

8. What does चित्तवृत्ति mean?

9. Mention the types of क्लेश:।

10. What is प्रत्याहार:?

11. Name the types of वृत्तिs are mentioned as per the prescribed text?

12. What are the two kinds of समाधि: ?

PART B — (5 × 6 = 30 marks)

Answer any FIVE questions in 250 words each.

13. Write briefly about the nature of ईश्वर in योग।

14. Elucidate the sutra – स्थिरसुखमासनम्।

15. Discuss the process of Pranayama.

16. Explain briefly the limbs of योगदर्शनम्।

17. Define and explain विपर्यय as per योगशास्त्रम्।

18. अभ्यासवैराग्याभ्यांतन्निरोध:। – Explain.

19. ईश्वरप्रणिधानाद्वा – Explain.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions in 500 words each.

20. Summarize the content of योगसूत्रम्।

21. Explain अन्तरायs (impediments).

22. Give an account of "वैराग्यम्" according to योगदर्शनम्।

23. Discuss the concept "यमs" in the light of योगसूत्रम्।

24. Write an essay on योगदर्शनम्।

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