MAY 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. Who is the propounder of योगदर्शनम् ?

2. Name any two commentaries available for योगसूत्रs.

3. Define योगः।

4. How many अङ्गs (elements) are there in Yogic philosophy? Name any two.

5. What is वैराग्यम् ?

6. Define यमs.

7. Write a short note on प्राणायामः।

8. What does क्रियायोगः mean?

9. Name the types of क्लेशः।

10. What are the two kinds of समाधिः ?

11. How many types of वृत्तिs are mentioned as per योगसूत्रम्?

12. Mention the प्रमाणs accepted by पतञ्जलिमहर्षिः?

PART B — (5 × 6 = 30 marks)

Answer any FIVE questions in 250 words each.

13. Explain the nature of ईश्वर in योग।

14. Explain the sutra – स्थिरसुखमासनम्।

15. Discuss briefly the अष्टाङ्गs of योगदर्शनम्।

16. Elucidate the process of प्राणायामः।

17. Define and explain विपर्यय as per योगशास्त्रम्।

18. अभ्यासवैराग्याभ्यां तन्निरोधः। – Explain.

19. ईश्वरप्रणिधानाद्वा – Explain.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions in 500 words each.

20. Explain the content of समाधिपाद of योगसूत्रम्।

21. What are the अन्तरायs (impediments)? How to overcome them?

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

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

24. Write an essay on योगसूत्रम् and its author.

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