

SWAMI VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA

(S-VYASA)

(Declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)

BNYS 4th SEMESTER FINAL EXAMINATION

BNYS T 405 Yoga philosophy

Date: June 19, 2012

Time: 3 Hrs

Total Marks: 80

Long essay (answer any two of the following)

10X2 = 20

1. Write about the theory of body, mind and life?
2. Write about the nature of soul and evidence for the existence of Soul according to Katha Upanisad and Kena Upanisad.
3. Contribution of Sigmund Freud in the field of Psychology.

Short notes (answer any eight)

5X8 = 40

4. Concept of Yoga and its basis.
5. Write about four streams of Yoga.
6. Write about the concept of Unity and Diversity.
7. Evidence for the existence of Soul according to Bhagavad Gita.
8. Difference between Smritis and Puranas.
9. Explain about Prasthna Traya.
10. Karma Yoga.
11. Key dates collection method in Psychology.
12. Historical High lights of Yoga.
13. Nature of Yoga according to Upanishads, Smritis.

Short type answers (all questions are compulsory)

2X10=20

14. How Many Vedas are there and its classifications?
15. Write the names of eleven Upanishads.
16. What is the prime message of Upanishad?
17. What is the message of each Upanishad (Write any five)?
18. What is health according to WHO?
19. Write the names of Pranas and Upapranas.
20. What is Pranayama?
21. Write four definitions of Yoga?
22. Define Psychology.
23. Define Defense Mechanism.