

SWAMI VIVEKĀNANDA YOGA ANUSANDHĀNA SAMSTHĀNA
A University, established under Section 3 of the UGC Act, 1956
(Ekmath Bhavan, # 19, Gavipuram Circle, Kempegowda Nagar, Bangalore 560 019, India)

MDY T 203 Patanjali Yoga Sutras and Hatha Yoga

DATE: 27.05.2012

Time: 3 Hours

Max. Marks: 50

Q1. Answer any THREE questions:

3X10=30

1. What is the significance of Omkara?
2. What are the methods of overcoming the obstacles to Yoga? Which would you personally prefer and why?
3. What are Klesas? How do they create problems for Yoga practitioners?
4. What powers does a Yogi acquire by practicing Yama and Niyama?
5. Which one of the yogic powers would you consider worth acquiring and why?

Q2. Answer any TWO questions:

2X10=20

1. What are the four Asanas recommended by Swatarama as the best? Describe any one of them?
2. What is the role of Bandhas and Mudras in Yogic practices? What purposes do they serve?
3. What is meant by Nada Anusandhana? What are the various stages of progress experienced by a Yogi during this practice?