

APRIL 2001

[KD 1408]

SECOND B.N.Y.S. DEGREE EXAMINATION.

(Old Regulations)

Second Year

Part I

Paper III — HISTORY AND PHILOSOPHY OF YOGA
IN RELATION TO SANKHYA AND VEDANT, TAMIL
YOGA SIDDHANTHA

Time : Three hours

Maximum : 100 marks

Answer ALL the questions.

Answer Section A and Section B separately.

SECTION A

1. What is Yoga? Describe the Astanga Yoga according to Yoga Philosophy. (20)
2. Explain the essence of the first pāda of Patanjali. (15)
3. Write short notes on : (3 × 5 = 15)
 - (a) Pranayama
 - (b) Chitta Vritti
 - (c) Pancha Kleshas.

SECTION B

4. Life history and philosophy of Vashista. (20)
5. Life history and philosophy of Shankaracharya. (15)
6. Write short notes on : (3 × 5 = 15)
 - (a) Lord Buddha
 - (b) Lord Mahavir
 - (c) Vyāsa.

NOVEMBER 2001

[KE 1408]

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Part I

Paper III — HISTORY AND PHILOSOPHY OF YOGA
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YOGA SIDDHANTHA

Time : Three hours

Maximum : 100 marks

Answer ALL the questions.

Answer Sections A and B separately.

SECTION A

1. Write an essay on Yoga Philosophy according to Maharishi Patanjali. (20)
2. What are Yamas and Niyamas? Describe the importance of Yamas and Niyamas in our social or individual life. (15)
3. Write short notes on : (3 × 5 = 15)
 - (a) Asanas
 - (b) Kriya yoga
 - (c) Dharana.

SECTION B

4. Life history and philosophy of Lord Buddha. (20)
5. Describe the principles of Jainism according to Lord Mahavir. (15)
6. Write short notes on : (3 × 5 = 15)
 - (a) Life history of Lord Krishna
 - (b) Four noble truths (according to Lord Buddha)
 - (c) Any one Tamil Siddha.

MARCH 2002

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YOGA SIDDHANTA

Time : Three hours

Maximum : 100 marks

Answer ALL the questions.

Answer Section A and B separately.

SECTION A

1. Life History and Philosophy of Vyasa. (20)
2. Compare and contrast Ashtanga Yoga and Jainism. (15)
3. Write short notes on : (3 × 5 = 15)
 - (a) Chitta Vikshapa.
 - (b) Ahimsa according to Jainism.
 - (c) Sri Aurobindo.

SECTION B

4. Chitta, Chittavrutti, Samapatti and Samadhi according to Maharshi Patanjali. (20)
5. Explain in detail about Sankhya Philosophy. (15)
6. Write short notes on : (3 × 5 = 15)
 - (a) Kushas.
 - (b) Kaivalya.
 - (c) Pranayama.

SEPTEMBER 2002

[KH 1408]

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Second Year

(Old Regulations)

Part I

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YOGA SIDDHANTHA

Time : Three hours

Maximum : 100 marks

Answer ALL the questions.

Answer Sections A and B separately.

SECTION A

1. What is Karma Yoga? Classify the Karmas.
Describe Nishkamy Karma. (20)
2. Who is Patanjali? Comment on Patanjali Yoga
Sutras. (15)
3. Write short notes on : (3 × 5 = 15)
 - (a) Kushas.
 - (b) Four Noble Truths (according to Lord Buddha).
 - (c) Samadhi.

SECTION B

4. Describe in detail about Integral Yoga of
Shri. Arabindo. (20)
5. Explain in detail about Sankhy Darshana. (15)
6. Write short notes on : (3 × 5 = 15)
 - (a) Para Bhakthi.
 - (b) Niyamas.
 - (c) Life History of Dayananda.

APRIL 2003

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SECTION B

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Second Year

Part I

Paper III — HISTORY AND PHILOSOPHY OF YOGA
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YOGA SIDDHANTHA

Time : Three hours

Maximum : 100 marks

Answer ALL the questions.

Answer Sections A and B in the **SAME** Answer Book.

SECTION A

1. What is the relationship between Raja Yoga and Vedanta? (10 + 10 = 20)
2. Explain the purpose of yoga according to Shri. 'Aurobindo'. (15)
3. Write short notes on : (3 × 5 = 15)
 - (a) Vitarka
 - (b) Life history of Dayananda
 - (c) Aparā Bhakti

4. Life history and philosophy of Shri. Krishna. (10 + 10 = 20)
5. Write about Evolution Theory according to Sankhya philosophy. (5 + 5 + 5 = 15)
6. Write short notes on : (3 × 5 = 15)
 - (a) Pratyahara
 - (b) Dharma Mega Samadhi
 - (c) History of yoga philosophy from Buddhism.

OCTOBER 2003

[KJ 1408]

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Second Year

Part I

Paper III — HISTORY AND PHILOSOPHY OF YOGA
IN RELATION TO SANKHYA AND VEDANT, TAMIL
YOGA SIDDHANTHA

Time : Three hours Maximum : 100 marks

Two hours and forty minutes Sec. A & Sec. B : 80 marks

for Sec. A and Sec. B

Twenty minutes for Section C Section C : 20 marks

Answer ALL the questions.

Answer Sections A and B in the **SAME** Answer Book.

Answer Section C in the **SEPARATE** Answer Book.

SECTION A — (2 × 15 = 30 marks)

1. What is Karma Yoga? Explain in detail about Karma Yogic application with modern world. (2 + 8 + 5)

2. Explain the Life History and Philosophical thoughts of Lord Mahaveer. (5 + 10)

SECTION B — (10 × 5 = 50 marks)

Write short notes on :

3. Chitta Vrittis. (1 + 4)
4. Ishwarasankhya. (2 + 2 + 1)
5. 4 Nobel Truth. (1 + 4)
6. Fruits of Bhakti. (2 + 2 + 1)
7. Maharshi Pathanjali. (1 + 4)
8. Dharma and Dhyana. (2 + 2 + 1)
9. Swami Dayananda. (2 + 2 + 1)
10. Kleshas. (1 + 2 + 2)
11. Satkarya vada. (1 + 4)
12. Aparā Bhakti. (1 + 2 + 2)

APRIL 2004

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Part I

Paper III — HISTORY AND PHILOSOPHY OF YOGA
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YOGA SIDDHANTHA

Time : Three hours Maximum : 100 marks

Sec. A & B : Two hours and forty minutes Sec. A & B : 80 marks

M.C.Q : Twenty minutes M.C.Q : 20 marks

Answer ALL questions.

Answer Sections A and B in the SAME Answer Book.

SECTION A

Write Essays on : (2 × 15 = 30)

1. Define Yoga. Explain about the Astanga Yoga of Patanjali in detail.
2. Explain about Buddhism in detail and about the Noble eight fold path of Lord Buddha.

SECTION B

Short notes on : (10 × 5 = 50)

3. Explain about teachings of Thiruvalluvars.
4. Explain Sankhya philosophy and its theory of causation.
5. Life of Lord Mahaveera.
6. Give a brief description on Aurobindo's Yoga philosophy.
7. Explain about Adi Sankaracharya's Advaita Vedanata.
8. Give a brief note about Yama, Niyama.
9. Explain about "Yoga Karmasu Kaushalam".
10. Explain different types of bhakti in Narada Bhaktisutras.
11. Explain about Arya Samaj of Swami Dayananda.
12. Explain Karma Yoga of Bhagavad Gita.

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SECTION B

(10 × 5 = 50)

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Part I

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YOGA SIDDHANTHA**

Time : Three hours

Maximum : 100 marks

Sec. A & B : Two hours and

Sec. A & B : 80 marks

forty minutes .

M.C.Q. : Twenty minutes

M.C.Q. : 20 marks

Answer ALL questions.

Answer Sections A and B in the SAME Answer Book.

SECTION A

(2 × 15 = 30)

- 1. Life history and philosophy of Aurobindo. (15)**
- 2. Write about 18 Tamil Yog Siddhas. (15)**

Write short notes on :

- 3. Patanjali.**
- 4. Lord Buddha.**
- 5. Karma yoga by Lord Krishna.**
- 6. Narada.**
- 7. Vashistha.**
- 8. The Puranas.**
- 9. The Goals of yoga.**
- 10. The Mahabharata.**
- 11. The Teachings of Bhagavadgita.**
- 12. Atman.**

FEBRUARY 2005

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Part I

Paper III — HISTORY AND PHILOSOPHY OF YOGA
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YOGA SIDDHANTHA

Time : Three hours Maximum : 100 marks

Sec. A & B : Two hours and forty minutes Sec. A & B : 80 marks

M.C.Q. : Twenty minutes M.C.Q. : 20 marks

Answer Sections A and B in the **SAME** answer book.

Answer ALL questions.

SECTION A — (2 × 15 = 30 marks)

1. Explain in detail about Chitta and Chitta Vrittis, Samapathi and Samadhi according to Maharshi Pathanjali. (3 + 5 + 2 + 5 = 15)

2. Explain in detail about life history and philosophical thought of Vyasa. (5 + 10 = 15)

SECTION B — (10 × 5 = 50 marks)

3. Advita Vedanta. (1 + 4)
4. Secret of Karma yoga. (1 + 4)
5. Vedic religion. (2 + 2 + 1)
6. Evolution theory. (1 + 2 + 2)
7. Vitarka Samadhi. (2 + 3)
8. Teaching of Thiru Valluvar. (2 + 3)
9. Chitta Vikshepa. (1 + 2 + 2)
10. Maharshi Pathanjali. (1 + 2 + 2)
11. Pranayama. (1 + 4)
12. Niyamas. (1 + 1 + 1 + 2)

AUGUST 2005

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Part I

**Paper III — HISTORY AND PHILOSOPHY OF YOGA
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Time : Three hours Maximum : 100 marks

**Theory : Two hours and Theory : 80 marks
forty minutes**

M.C.Q. : Twenty minutes M.C.Q. : 20 marks

Answer ALL questions.

I Write essays on : (2 × 15 = 30)

**1. Define Bhakti Yoga? Explain the Bhakti
According to Narada.**

**2. Explain the life history and philosophical
thoughts of Vashitha.**

II Short notes on : (10 × 5 = 50)

- 1. Bahiranga yoga**
- 2. Evolution theory according to sankhya**
- 3. Pramana and Viparyaya**
- 4. Life History of Lord Buddha**
- 5. Samadi**
- 6. Purusharthan**
- 7. Sri Aura bindo**
- 8. Philosophical thoughts of Vyasa**
- 9. Piathyahara**
- 10. Kriyayoga.**

FEBRUARY 2006

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YOGA SIDDHANTHA

Time : Three hours Maximum : 100 marks

Theory : Two hours and Theory : 80 marks
forty minutes

M.C.Q. : Twenty minutes M.C.Q. : 20 marks

Answer ALL questions.

I. Long Essay : (2 × 15 = 30)

1. Write in detail about life history and philosophical
thoughts of Vyasa. (7 + 8)

2. Life history and philosophical thoughts of Kapila.
(7 + 8)

II. Write short notes on : (10 × 5 = 50)

1. Philosophy of Lord Buddha. (2 + 3)

2. Gorakshanath. (2 + 3)

3. Aparā Bhakti. (1 + 2 + 2)

4. Chitta Vrittis. (1 + 1 + 1 + 1 + 1)

5. Philosophical thoughts of Lord Mahaveera. (2 + 3)

6. Write in detail about 2 Tamil Yoga sidha. (3 + 2)

7. Philosophical thoughts of Dayanand. (2 + 3)

8. Pathanjali. (2 + 3)

9. Philosophical thoughts of shankaracharya. (2 + 3)

10. Life history of Sri Aurobindo. (2 + 3)

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YOGA SIDDHANTHA**

Time : Three hours Maximum : 100 marks

**Theory : Two hours and Theory : 80 marks
forty minutes**

M.C.Q. : Twenty minutes M.C.Q. : 20 marks

Answer ALL questions.

I. Essay Question :

**1. Write essay on Samadhi, Sadhana and
Vibhutipada. (20)**

**2. Write the history and philosophy of Mahavir Jain.
(5 + 10 = 15)**

3. Write about 18 Tamil Jog Siddhas. (15)

II. Short notes : (6 × 5 = 30)

**1. Contribution of Goraksh nath in Hatha Yoga
philosophy.**

2. Nine fold of Bhakti.

3. Four Nobel Truth.

4. Prakrti and Purusa.

5. Life history of Sankaracharya.

6. Karma yoga.