

Reg. No.:



Y7563

Name:

University of Kerala

Fourth Semester FYUGP Degree Examination, May 2026

Skill Enhancement Courses

PHILOSOPHY

UK4SECPHI200 - Philosophy of Yoga

Academic Level: 200-299

2024 Admission

Time: 1 Hour

Max. Marks: 28

Part A. 4 Marks ,Time 5 Minutes (Cognitive Level :Remember(RE)/Understand(UN))Objective Type 1 mark each, Answer all questions

Qn No.	Question	CL	CO
1	In Patañjali's system, Yoga is technically defined as: Options : A)Union with Brahman B)Control of sensory activity C)Cessation of the modifications of the mind D)Harmonization of prāṇa	RE	2
2	Identify the kind of Yoga mentioned in the Bhagavad Gita that is related to action. Options : A)Karma Yoga B)Jnana Yoga C)Bhakti Yoga D)All of these	RE	1
3	Which state is described as being filled with "Prajna" or intuitive, truth-bearing wisdom? Options : A)Savitarka samadhi B)Sasmita Samadhi C)Nirvicara Samadhi D)Nirvitarka Samadhi	UN	4
4	Āsana and Prāṇāyāma are mainly preparatory practices for: Options : A)Ethical discipline B)Meditative concentration C)Social harmony D)Intellectual clarity	UN	3

Part B. 8 Marks ,Time 15 Minutes (Cognitive Level :Understand(UN)/Apply(AP))Short Answer 2 marks each, Answer all questions

Qn No.	Question	CL	CO
5	Describe the different forms of citta-vṛttis.	UN	2
6	Explain how the Bhagavad Gita reinterprets Yoga as a synthesis of action, knowledge, and devotion.	UN	1
7	Apply Niyama as a discipline for self-regulation.	AP	5
8	Apply Samādhi-oriented practices for inner transformation.	AP	5

Part C. 16 Marks ,Time 40 Minutes (Cognitive Level :Apply(AP)/Analyse(AN)/Evaluate(EV))/Long Answer 4 marks each, Answer all questions choosing among options* within each question

Qn No.	Question	CL	CO
9	A) How can the meanings of yoga in the Bhagavad Gita be applied to create a framework for holistic human development? OR B) Apply the concept of ‘Yogas citta-vrtti-nirodhah’ to manage the mental state of a person who experiences constant stress and restless thoughts.	AP	5, 5
10	A) Analyse the role of Cittavṛttis and their understanding in dealing with psychological disturbance. OR B) Analyse the definition of Yoga as stated in the Yogasutras to understand its significance.	AN	2, 2
11	A) Evaluate the role of Asaṁprajñāta Samādhi in liberation. OR B) Evaluate why Dharma Megha Samadhi is regarded as the highest state of Samadhi.	EV	4, 4
12	A) Create a schedule of asanas and pranayamas for the student community to ensure their physical and mental well-being. OR B) Create a moral framework for the youth based on the principles of yama, niyama and pratyahara.	CR	5, 5