

FINAL EXAMINATION
Post Graduate Diploma in Yoga
Paper Code: PGDY0201
Paper Name: Yoga Darshan

Maximum Marks = 70

Maximum Time = 3 Hrs.

The question paper has seven questions. The candidate must attend only five of them. All the questions has equal marks.

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| Question 1. | Define yoga and discuss its essence in Philosophy. | 14 Marks |
| Question 2. | Explain Nishkama Karmayoga as put forth in Bhavad gita. | 14 Marks |
| Question 3. | Explain the nature of God according to Yoga philosophy. | 14 Marks |
| Question 4. | Explain clearly the conjunction of Drasta and Drishya according to Yoga philosophy. | 14 Marks |
| Question 5. | Explain the five stages of Chitta. Explain the Kaivalya according to Yoga philosophy. | 14 Marks |
| Question 6. | Explain the four kinds of Karmas. What type of action is performed by a Yogi ? Explain. | 14 Marks |
| Question 7. | What is Dharmamegha Samadhi ? Discuss its status and importance (utility). | 14 Marks |