

Dr. Babasaheb Ambedkar Open University
Term End Examination – January-2026

Course	: BSCCS	Date	: 28/02/2026
Paper Code	: BSCCS-307	Time	: 11:30am to 12:30pm
Paper Name	: Yoga science and Life Philosophy-I	Duration	: 01.15 Hours
		Max. Marks	: 35

Section A

Answer the following (Attempt any two) (20)

1. Explain the concept of 'Chitta' and discuss the five types of 'Chitta Bhumis' (Stages of Mind) as described in Patanjali Yoga Sutras.
2. Define 'Samadhi' and provide a detailed classification of 'Sabija' and 'Nirbija' Samadhi.
3. Discuss the significance of 'Ishvara Pranidhana' in the context of Yoga Sadhana and how it helps in overcoming obstacles (Chitta Vikshepas).

Section B

Answer the following (Attempt any two) (10)

1. Explain the 'Kleshas' (Afflictions) and how they influence human behavior and spiritual progress.
2. What is 'Ritambhara Pragya'? Explain its role in the transition from Savichara to Nirvichara Samadhi.
3. Briefly describe the 'Antarayas' (Obstacles) in the path of Yoga as mentioned by Maharishi Patanjali.

Section C

Part – A (Multiple Choice Questions) (05)

- 1 Which of the following is NOT one of the five 'Chitta-Vrittis'?
A) Pramana B) Vikalpa C) Abhyasa D) Nidra
- 2 The state of 'Ekagra' Chitta is characterized by:
A) Total darkness and inactivity B) One-pointed focus on a single object
C) Constant wandering of thoughts D) Complete cessation of all modifications
- 3 According to Yoga Sutras, 'Avidya' is the root cause of:
A) All Kleshas B) Samadhi C) Kaivalya D) Viveka
- 4 Tadevarthamatranirbhasam svarupashunyamiva...' defines which state?
A) Dharana B) Dhyana C) Samadhi D) Pratyahara
- 5 What is the purpose of 'Abhyasa' and 'Vairagya'?
A) To gain physical strength B) To restrain the modifications of the mind
C) To increase social status D) To enhance sensory enjoyment
