

Dr. Babasaheb Ambedkar Open University
Term End Examination July – 2026

Course	: BSCCS	Date	: 21/08/2026
Subject Code	: BSSCS-307	Time	: 03:00pm to 04:00pm
Subject Name	: Yoga Science and Life Philosophy-I	Duration	: 1 Hour
		Max. Marks	: 35

Q-1 Answer the following questions. (Any Two out of four) **20**

1. Explain the definition of Yoga according to Maharshi Patanjali.
2. Explain Pramana Vritti and the three means of right knowledge.
3. Discuss the meaning, characteristics and effects of Abhyasa.
4. Explain Samprajnata Samadhi and its four stages.

Q-2 Short Notes. (Any Two) **10**

1. Five states of Citta
2. Viparyaya Vritti
3. Para-Vairagya
4. Nature of Ishvara

Q-3 Multiple Choice Questions **05**

1. Yoga is defined as:
A. Union of body and mind modifications
B. Cessation of mental
C. Physical exercise
D. Meditation only
2. Which is NOT a Citta-Vritti?
A. Pramana
B. Smriti
C. Vairagya
D. Nidra
3. Abhyasa becomes firmly grounded through:
A. Wealth
B. Long practice and dedication
C. Rituals
D. Debate
4. The highest stage of Samprajnata Samadhi is:
A. Vitarka
B. Vicara
C. Ananda
D. Asmita
5. The verbal symbol of Ishvara is:
A. Gayatri
B. Om
C. Mantra
D. Japa
