

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

Course	: BSCCS	Date	: 23/08//2026
Subject Code	: BSCCS-407	Time	: 03:00pm to 04:00pm
Subject Name	: Yoga Science and Life Philosophy-II	Duration	: 1 Hour
		Max. Marks	: 35

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

1. Explain Kriyayoga and discuss Tapas, Svadhyaya and Ishvara-pranidhana.
2. Explain the five Kleshas according to Patanjali.
3. Explain Vipaka and its three forms: Jati, Ayu and Bhoga.
4. Explain the nature of Prakriti and the functions of the three Gunas.

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

1. States of Kleshas
2. Pratiprasava
3. Yama and its five forms
4. Yoga and Mental Health

Q-3 Multiple Choice Questions. (All five are compulsory) **05**

1. Kriyayoga consists of:

A. Yama, Niyama, Asana

B. Tapas, Svadhyaya, Ishvara-pranidhana

C. Dharana, Dhyana, Samadhi

D. None

2. Root Klesha is:

A. Raga

B. Dvesha

C. Avidya

D. Asmita

3. Fruits of Karmashaya include:

A. Jati

B. Ayu

C. Bhoga

D. All of these

4. Sattva represents:

A. Inertia

B. Activity

C. Clarity and harmony

D. Fear

5. Regulation of breath is:

A. Pratyahara

B. Pranayama

C. Dhyana

D. Samadhi
