

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

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

SECTION – A

Long Descriptive Questions (any two) **(20 mark)**

1. Explain the meaning, definition, objectives, and importance of Yoga. Discuss the relevance of Yoga in modern life with suitable examples.
2. Explain the concept of Chitta and discuss the five Chitta Vrittis (Pramana, Viparyaya, Vikalpa, Nidra, and Smriti) in detail with suitable examples.
3. Discuss the concepts of Abhyasa and Vairagya. Explain their importance in controlling the mind and attaining spiritual progress.
4. Explain the concept of Samadhi according to Patanjali Yoga. Discuss its types and significance in Yoga.
5. Explain the concept of Ishvara in Patanjali Yoga. Discuss the importance of Ishvara Pranidhana in Yoga practice.

SECTION – B

Short Descriptive Questions (any two) **(10 Marks)**

1. Define Yoga and explain its objectives.
2. Explain Pramana and Viparyaya with suitable examples.
3. Explain the meaning and importance of Vairagya.
4. Differentiate between Samprajnata Samadhi and Asamprajnata Samadhi.
5. Explain the significance of Om (Pranava) in Yoga

SECTION – C

Multiple Choice Questions **(5 Marks)**

1. The word "Yoga" is derived from which Sanskrit root?
A. Gam B. Kri C. Yuj ☐ D. Bhu
2. How many Chitta Vrittis are described by Patanjali?
A. Three B. Four C. Five ☐ D. Six
3. Which two methods are prescribed by Patanjali for controlling the modifications of the mind?
A. Asana and Pranayama B. Yama and Niyama
C. Abhyasa and Vairagya ☐ D. Dharana and Dhyana
4. Which is considered the highest state of Yoga?
A. Dharana B. Dhyana C. Pranayama D. Samadhi ☐
5. According to Patanjali, the sacred syllable representing Ishvara is:
A. Gayatri B. Ram C. Shiv D. Om (Pranava) ☐