

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

Course	: BSCIT	Date	: 23/08/2026
Subject Code	: BSCITRVA-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 the results and importance of Kriyayoga in Yogic life.
2. Describe Asmita, Raga, Dvesha and Abhinivesha with examples.
3. Explain the methods for removal of subtle and manifest Kleshas.
4. Explain Purusha and the purpose of Drishya (Prakriti).

Q2. Short notes (Any Two) **10**

1. Heya and Heya-Hetu
2. Pratyahara and its importance
3. Difference between Dharana and Dhyana
4. Ethical relevance of Yoga in contemporary society

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

1. Fear of death is called:
A. Raga
B. Asmita
C. Abhinivesha
D. Dvesha
2. Manifest Klesha-vrittis are removed through:
A. Dhyana
B. Asana
C. Tapas
D. Yama
3. Future suffering is known as:
A. Bhoga
B. Heya
C. Vipaka
D. Karma
4. Pure consciousness is:
A. Prakriti
B. Guna
C. Purusha
D. Ahamkara
5. Which is an inner limb of Yoga?
A. Asana
B. Pranayama
C. Yama
D. Samadhi
