

**PHILOSOPHY
(HONOURS)**

B.A. 1st Semester

Regular & Supplementary End Examination-2023

PAPER - SEC- 1

Full Marks : 20

Time : 1 Hours

The figure in the right hand margin indicate marks

*Candidates are required to give their answers in their own word
as far as practicable*

Illustrate the answers wherever necessary

Group - A

Answer any five questions of the following : 5x1=5

1. What do you mean by 'Yoga' ?
2. What is *Citta* ?
3. What is *Cittavṛtti* ?
4. What is *cittabhumi* ?
5. What is *Prāṇāyāma* ?
6. What is *Karmavada* ?
7. What is *Gomukhā sana* ?

Group - B

Answer any one question of the following : 1x5=5

8. Write down the benefits of *Padmā sana*.
9. What is the benefits of *anulom-vilom* ?

(Turn Over)

Group - C

Answer any one questions of the following : 1x10=10

10. Explain the *aṣṭāṅga* yoga of Yoga Philosophy ?
11. Explain the concept of *niṣkāma karma* according to the *Bhagavad Gītā*.