

**Philosophy**

**[NEP]**

**B.A. First Semester End Examination-2024**

**PAPER: PHI SEC 101T**

**[Regular and supplementary paper]**

**Full Marks: 20**

**Time: 01 Hr.**

*The figures in the right hand margin indicate marks.*

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

*Illustrate the answers wherever necessary.*

**Group-A**

**Answer any five questions from the following: 5x1= 5**

1. Give the definition of 'yoga' according to the Yoga Philosophy.
2. What is 'Citta' according to the Yoga.
3. What is 'Dhyāna' according to the Yoga Darśana?
4. Which Philosophy is intimately allied in Yoga Philosophy.
5. What is Samādhi?
6. What is prānāyama?
7. What is kopalbhāti?

(2)

**Group-B**

**Answer any one question from the following:**

**1x5 = 5**

8. Write down the benefits of prānāyama.
9. Explain the utility *anulom-vilom*.

**Group -C**

**Answer any one question of the following:**

**1x10 = 10**

10. What is *cittabhumi*? How many types of *cittabhumi* are mentioned by yoga philosophy? Which *cittabhumi* is appropriate for yoga and why?
  11. Discuss the ideal of *karmayoga* following the Bhagavad-Gītā.
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