CENTRE FOR DISTANCE AND ONLINE EDUCATION
MASTER OF ARTS (YOGA),
FEBRUARY 2025 BATCH
1ST SEMESTER EXAMINATION – JULY 2025

Paper Code: MSY-SCT-103 **Paper Name: Applications of Hatha Yoga and Patanjali Yoga**

Time – 3 Hrs. **Full Marks – 70**

Instructions:
1. All Questions are compulsory. Section **A** carries **10 Marks** and Section **B** carries **60 Marks**.
2. The figures to the right indicate the marks for the questions.
3. Assume suitable data wherever necessary and mention it.
4. Drafting should be neat and clean.

SECTION – A

Answer the following question in brief

S. No.		Questions	Marks	Bloom's Level
Q1.	a	Define the core philosophical aim of Hatha Yoga.	02	Remember
	b	What is Nadanusandhana in yogic practice?	02	Understand
	c	Name any two classical Mudras and state their purpose.	02	Remember/Apply
	d	List two benefits of Viparitakarani Mudra.	02	Understand
	e	Who was Swami Swatmarama and what was his contribution?	02	Remember

SECTION-B

Q2.	a	Discuss the historical evolution, aims, and philosophical base of Hatha Yoga. How is it distinct from other yogic streams?	10	Analyze/Evaluate
		or		
	b	Explain how Patanjali Yoga Sutras offer a framework to handle stress across physical, emotional, and spiritual dimensions.	10	Understand/Apply
Q3.	a	Evaluate the contribution of Asana practice in cultivating mental focus and physical steadiness, citing references from Hatha Yoga Pradipika.	10	Evaluate
		or		
	b	How can Hatha Yoga and Patanjali Yoga be effectively applied to improve sports performance and athletic recovery?	10	Apply/Analyze
Q4.	a	Describe the physiological and psychological outcomes of regular Pranayama as outlined in Hatha Yoga Pradipika.	10	Understand/Apply
		or		
	b	Define Mudras and Bandhas. Analyze their role in managing and awakening pranic forces such as Kundalini.	10	Analyze/Create
Q5.	a	Examine the scope and impact of integrating Hatha Yoga and Patanjali Yoga in therapy for children with special needs.	10	Apply/Evaluate
		or		
	b	Outline the structure and interrelationships of the four chapters of Hatha Yoga Pradipika.	10	Understand/Analyze
Q6.	a	Reflect on Samadhi from both a philosophical (Yoga Sutra-based) and neuroscientific perspective. Why is it considered the ultimate yogic goal?	10	Analyze/Evaluate
		or		
	b	Discuss how the ethical principles of Yama and Niyama form the foundation of a disciplined yogic lifestyle in Hatha Yoga.	10	Understand/Evaluate