

**(2Hours)**

**Marks: 60**

N.B.: (1) All questions carry equal marks.

(2) All questions are compulsory.

1. 'Practice of Yama is necessary but difficult in the modern age.' Discuss.

**Or**

1. Explain the significance of Niyama from the ethical perspective.

2. 'The practice of Pranayama is essential to bring about Yogic development.' Discuss.

**Or**

2. Explain the significance of Pratyahara in context to Yogic development.

3. Analyse the essence of Cittavrittis from the perspective of Yoga philosophy.

**Or**

3. 'Cittaprasadana is essential for human development.' Discuss.

4. Describe the tenets of Kaivalya as reflected in the Patanjali Yoga sutras from the ethical perspective.

**Or**

4. In what way, can practice of Yoga bring about attitudinal change in human persons?

---