Jai Shree Radhe Krishana

**Vaish College of Education**

**Baund Kalan (Bhiwani)**

**Session:- 2013-14**

**House Exam**

**{Paper:- III B OPT. (I)**

**Yoga Education**

**Time:- 1.5Hrs. Max Marks- 40**

*Note:-Attempt three Questions in all. Question No. 1*

*is Compulsory*

****

**Quest:-1** Write short notes on the following :-

****

1. Components of yama. 4

****

1. Samadhi and its Kinds 4

****

**Quest:-2** Define Prakriti and Purusha . Explain

their inter-relationship. 16

****

****

Or

Discuss the fundamental concepts common to all schools of Indian Philosophy. 16

****

****

**Quest:-3** What do you mean by chitta? Discuss the

various methods of Chitta control. 16

****

****

**OR**

What is Dhyana? What are its main Kinds explain

In details. 16

****

****