

Q. 1 Answer any three of the followings. (06)

1. Write two characteristics of the person with dominance of Sat Guna.
2. What are the Yamas in Ashtanga Yoga?
3. What is high self esteem?
4. How is Pranayam Stage in Ashtanga Yoga helpful?

Q. 2 Answer any three of the followings. (09)

1. What is self-concept?
2. What is the meaning of Yoga according to Indian sages?
3. Discuss briefly the 'Tamas' Guna in our self.
4. What is meditation according to Shri Aurobindo?

Q. 3 (A) Strategies for Personality Development (10)

OR

(B) Seven ways of Self-healing

Q. 4 Write short notes on any two of the followings. (10)

1. Niyamas in Ashtanga Yoga
2. Anandmay Kosha
3. Manomay Kosha

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