

**Third Semester FYUGP Degree (Reg) Examination November
2025**

KU3VACPHL101 - YOGA AND MINDFULNESS

2024 Admission onwards

Time : 1.5 hours

Maximum Marks : 50

Section A

Answer any 6 questions. Each carry 2 marks.

1. What is the love and belonging need in Maslow's hierarchy?
2. What are transcendence needs?
3. What is the difference between formal and informal mindfulness?
4. What is mindfulness in simple terms?
5. Define Ahimsa and explain briefly.
6. What are Siddhis according to Yogasūtra?
7. What does Yoga aim to unite?
8. What does avidyā mean in Yoga?

Section B

Answer any 4 questions. Each carry 6 marks.

9. Explain the significance of Yamas in Aṣṭāṅgayoga.
10. Explain Brahmacharya and its importance for a yoga practitioner.
11. Why are Siddhis considered obstacles on the spiritual path?
12. Explain the etymological meaning of Yoga and its spiritual aim.
13. Explain the connection between rāga, dveṣa and abhiniveśa.
14. What are the five kleśas according to Patañjali, and how do they arise?

Section C

Answer any 1 questions. Each carry 14 marks.

15. Discuss in detail the four Puruṣārthas and their interrelationships.
16. Discuss the benefits of mindfulness for reducing stress, improving focus, and leading a balanced life.