

Reg. No.:



Name:

University of Kerala

U8990

Second Semester FYUGP Degree Examination, April 2025

Discipline Specific Core Course

PHILOSOPHY

UK2DSCPHI101 - Zen Buddhism

Academic Level: 100-199

Time: 1 Hour 30 Minutes(90 Mins.)

Max. Marks: 42

Part A. 6 Marks.Time:6 Minutes.(Cognitive Level:Remember(RE)/Understand(UN)) Objective Type. 1 Mark Each.Answer all questions

Qn No.	Question	CL	CO
1	Which prominent text is associated with Dogen's teachings? Options : A)The Shobogenzo B)The Diamond Sutra C)The Heart Sutra D)The Mahaparinirvana Sutra	RE	1
2	Which central meditative practice forms the foundation of Soto Zen, as emphasized by Dogen? Options : A)Zazen (sitting meditation) B)Reciting mantras C) Performing rituals D)Engaging in debates	RE	1
3	Which of the following is a primary method to achieve Satori? Options : A)Reading scriptures B)Sitting meditation (Zazen) C)Chanting mantras D)Practicing rituals	UN	2
4	What is the main purpose of the tea ceremony in Zen? Options : A)To enhance social bonding B)To practice mindfulness and harmony C)To display wealth and status D)To achieve physical relaxation	UN	2
5	What is the primary focus of Zen practice? Options : A)Memorizing texts B)Meditation and mindfulness C)Ritual worship D)Chanting scriptures	UN	1
6	What is the key practice in Soto Zen, as taught by Dogen? Options : A)Zazen (sitting meditation) B)Reciting mantras	UN	2

Qn No.	Question	CL	CO
	C)Performing rituals D)Engaging in debates		

Part B.8 Marks.Time:24 Minutes.(Cognitive Level:Understand(UN)/Apply(AP))Short Answer. 2 marks each.Answer all questions

Qn No.	Question	CL	CO
7	Describe the core teachings of Huineng in “The Platform Sutra.”	UN	2
8	Discuss the role of discipline in Zen and martial arts.	UN	3
9	Construct a comparison of Zen meditation techniques with traditional Buddhist practices and discuss their implications.	AP	4
10	Articulate how mindfulness from Zen practices is applied in martial arts training.	AP	4

Part C. 28 Marks.Time:60 Minutes (Cognitive Level:Apply(AP)/Analyse(AN)/Evaluate(EV)/Create(CR)) Long Answer.7 marks each.Answer all 4 Questions choosing among options * within each question

Qn No.	Question	CL	CO
11	A) Appraise the similarities between the principles of Zen and Buddhism, and discuss their applications in real-life situations. OR B) Construct a descriptive narrative showcasing the journey from Zazen to Satori in the Zen concept.	AP	2, 2
12	A) Compare Huineng’s notion of sudden awakening and Dogen’s continuous practice of enlightenment. OR B) Analyse the relationship between Zen philosophy and the tea ceremony, focusing on their shared cultural and philosophical values.	AN	2, 4
13	A) Estimate the importance of Zen teachings in promoting mental clarity and emotional balance. OR B) Appraise the philosophical foundation of the Zen concept of Buddha Nature through the lens of Koan practice.	EV	2, 3
14	A) Critique the impact of Haiku poetry as a Zen-inspired art form that emphasizes impermanence and simplicity. OR B) Construct a discussion on how Zen-inspired meditation supports creativity and focus during artistic endeavors.	CR	4, 4