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BYG–001

**CERTIFICATE PROGRAMME IN YOGA
(CPY)**

Term-End Examination

December, 2023

**BYG-001 : INTRODUCTION TO YOGA AND
YOGIC TEXTS**

Time : 3 Hours

Maximum Marks : 100

Note : Answer any **two** questions from section-A
and any **ten** questions from section **B**.

Section—A

Note : Write the answer within **1200** words each.

Each question carries 15 marks. Attempt any

two out of **three** questions. 2×15=30

1. Discuss Kriya Yoga of Yogasutra in detail. 15
2. Define Chitta. Describe five states of Chitta/
Chittabhumis according to the Maharishi
Vyasa. 15

P. T. O.

3. What do the third and fourth discourses of Hathapradipika deal with ? 15

Section—B

Note : Write the answer within 500 words each.

Each question carries 7 marks. Attempt any

10 out of 14 questions.

10×7=70

4. What is Yoga ? Give any five definitions of Yoga. 7
5. What are the Bahiranga Sadhana of 'Jnana' ? Discuss in brief. 7
6. Discuss 'Vadanta Darshana' in brief. 7
7. What do you understand by 'Yama' ? How many types of Yamas are mentioned in 'Yogasutra' ? 7
8. What are the main similarities between various Darshanas ? 7
9. What are 'Tripitakas' ? Describe its various types. 7
10. What is 'Pratyahara' ? Discuss its purpose in view of 'Yogasutra'. 7

11. What do you understand by 'Niyama' ? How many types of 'Niyamas' are mentioned in 'Yogasutra' ? 7
12. Discuss 'Mimansa Darshan' in brief. 7
13. Explain five tools recommended by Maharishi Patanjali for perfecting one's social equation. 7
14. Briefly describe the content of first and second discourses (chapters) of Gheranda Samhita. 7