

CERTIFICATE PROGRAMME IN YOGA

Term-End Examination

December, 2019

BYG-001 : INTRODUCTION TO YOGA AND YOGIC TEXTS

Time : 3 hours

Maximum Marks : 100

Note : Answer any 2 questions from Section - I and any 10 questions from Section - II.

SECTION - I

Write the answers within 1200 words. Each question carries 15 marks. Attempt any 2 out of 3 questions. 15x2=30

1. Define *Chitta*. Describe five states of *Chitta/Chittabhumi*s according to *Maharishi Vyasa*. 15
2. Discuss *Karma Yoga* in detail. 15
3. Describe *Saptanga Yoga/Ghatastha Yoga* in detail. 15

SECTION - II

Write the answers within 500 words. Each question carries 7 marks. Attempt any 10 out of 14 questions. 7x10=70

4. Write short notes on following : 3½+3½=7
 - (a) *Avidya*/Ignorance
 - (b) *Asteya*
5. Write short notes on following : 2½+3½+1=7
 - (a) *Pramada*
 - (b) *Chittaprasadana*
 - (c) Name two *Hathayogic* texts
6. Discuss five key points of *Bharatiya darshana* in brief. 7
7. Write short notes on following : 3½+3½=7
 - (a) *Paravairagya*
 - (b) *Yogasutra-Bhojavritti*

8. What are the *Antaranga Sadhan* of *Jnana* ? Discuss in brief. 7
9. What do you understand by *Vikshepasahabhuva* ? Discuss in brief. 7
10. Write short notes on following : $3\frac{1}{2}+3\frac{1}{2}=7$
(a) *Vikalpa Vritti* (b) *Ahimsa*
11. Discuss *Mimamsa darshan* in brief. 7
12. Write short notes on following : $3\frac{1}{2}+3\frac{1}{2}=7$
(a) *Dharana* (b) *Brihadaranyakopnishad*
13. *Bhagwadgita* is a *Yogashashtra*. Discuss in brief. 7
14. What do you understand by the concept of '*Advaita*' as proposed by *Shankaracharya* ? 7
15. What do you understand by '*Niyama*' ? How many types of '*Niyamas*' are mentioned in '*Yogasutra*' ? 7
16. Give the qualities of '*Bhakta*' as described in 12th chapter of *Bhagwadgita*. 7
17. What is '*Pratyahara*' ? Discuss its purpose in view of '*Yogasutra*'. 7
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