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BYG-001

**CERTIFICATE PROGRAMME IN YOGA
(CPY)**

Term-End Examination

December, 2020

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

Time : 3 Hours

Maximum Marks : 100

***Note** : Answer any **two** questions from Section I and
any **ten** questions from Section II.*

Section—I

***Note** : Write the answers within **1200** words. Each
question carries 15 marks. Attempt any **two**
out of three questions.*

1. Describe the misconceptions about *Yoga* in detail. 15
2. Describe the *five* discourses of *Hatha Pradeepika* in detail. 15

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3. Discuss *Abhyasa* and *Vairagya* as the means to cease the *Chitta vritties*. 15

Section—II

Note : Write the answers within 500 words. Each question carries 7 marks. Attempt any ten out of 14 questions.

4. Write short notes on the following : $3\frac{1}{2}+3\frac{1}{2}=7$
 (a) *Satya*
 (b) *Brahmacharya*
5. Write short notes on the following : $3\frac{1}{2}+3\frac{1}{2}=7$
 (a) *Swadhyaya*
 (b) *Vikshepasahabhava*
6. Write down the essence of *Bhartiya Darshan* in brief. 7
7. Write short notes on the following : $3\frac{1}{2}+3\frac{1}{2}=7$
 (a) *Maitri* and *Karuna*
 (b) *Vyasabhasya* on *Yogasutra*
8. Discuss the categories of *Sadhaka/Aspirants* according to *Maharishi Patanjali*. 7
9. What do you understand by *Panchaklesha* ?
 Discuss in brief. 7

10. Write short notes on the following : $3\frac{1}{2}+3\frac{1}{2}=7$
(a) *Prashnopnishad*
(b) *Prasupta* state of *Klesha*
11. Discuss *Sankhya Darshana* in brief. 7
12. Write short notes on the following : $3\frac{1}{2}+3\frac{1}{2}=7$
(a) *Shravana*
(b) *Manana*
13. Describe the indestructible nature of *Atma* in *Bhagwadgita*. 7
14. Discuss the characteristics of a true *Yogi* according to *Sri Aurobindo*. 7
15. What do you understand by *Abhyasa* ? Discuss in brief. 7
16. Discuss the views of *Maharishi Dayanand Saraswati* on *Traitavad* and *Upasana* in brief. 7
17. What is *Pranayama* ? Discuss its importance in view of *Yogasutra*. 7