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BYG-001

**CERTIFICATE PROGRAMME IN YOGA
(CPY)**

Term-End Examination

December, 2021

**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. Write down the misconceptions about Yoga in details.

2. What do you understand by the term Darshanas ? Explain the essence of Bhartiya darshanas.
3. Give a life sketch of Guru Gorakhanatha along with his works.

Section—II

Note : Write the answers within **500** words. Each question carries 7 marks. Attempt any **ten** out of 12 questions.

4. What do you understand by term Bhakit Yoga and also discuss why one should have Bhakti towards Ishwar ?
5. Describe the principles of Yoga.
6. Write short notes on the following : $3\frac{1}{2}$ each
 - (a) Ishopanishad
 - (b) Prashnopnishad
7. Discuss the importance of Hathapradipika in Hathayoga Tradition.
8. What is the purpose of seven limbs of Ghatastha yoga ?

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9. Discuss the views of Maharishi Dayananda Saraswati in Traitvad and Upasana.
10. How Karma Yoga helps in bringing stability of mind ? Discuss.
11. Write short notes on the following : $3\frac{1}{2}$ each
 - (a) Adhyatmik Dukha
 - (b) Vyadhi
12. Write down all the impurities which should be eradicated to attain the purity of mind.
13. What is Klesha ? How many types of Kleshas are mentioned in Patanjali's *Yogasutra* ?
14. Explain Kriya Yoga.
15. What do you understand by Chittvikshepa (Antrayas) ? Discuss.