

**CERTIFICATE PROGRAMME IN YOGA**

**Term-End Examination**

**June, 2021**

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

*Time : 3 hours*

*Maximum Marks : 100*

**Note :** *Answer any 2 questions from Section I and answer 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.  $15 \times 2 = 30$*

1. What is Jnana Yoga ? Explain the Bahiranga Sadhana of it. 15
2. What do the third and fourth discourses of Hathapradipika deal with ? 15
3. Give a complete life-sketch of Swami Vivekananda. 15

## SECTION II

*Write the answers within 500 words. Each question carries 7 marks. Attempt any 10 out of 12 questions.*  $7 \times 10 = 70$

4. What is Yoga ? Give any five definitions of Yoga. 7
5. Discuss the Modern period of Yoga Tradition. 7
6. What do you understand by Para Bhakti ? 7
7. Discuss the true nature of Yoga. 7
8. Discuss the ideal place and ideal habits of a Yogi as mentioned in the Bhagwad Gita. 7
9. Write short notes on the following :  $3 \frac{1}{2} + 3 \frac{1}{2} = 7$ 
  - (a) Brihadaranyaka Upanishad
  - (b) Taittiriya Upanishad
10. What are the main similarities between various Darshanas ? 7
11. Explain five tools recommended by Maharishi Patanjali for perfecting one's social equation. 7
12. Briefly describe the content of first and second discourses (chapters) of Gheranda Samhita. 7

- 13.** Describe the Kriyayoga practice popularized by Paramhansa Yogananda. 7
- 14.** Discuss the five vritties of Chitta as mentioned in Yogasutra. 7
- 15.** Describe Sri Aurobindo as a freedom fighter. 7
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