

CERTIFICATE PROGRAMME IN YOGA (CPY)

Term-End Examination

June, 2022

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

Time : 3 hours

Maximum Marks : 100

SECTION A

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

1. Explain the objectives of Yoga in detail. 15

2. What do you understand by the term 'Darshan' ?
Explain the essence of Bharatiya Darshanas. 15

3. Give a complete life sketch of Maharishi Ramana. 15

SECTION B

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

4. Discuss the Antaranga Sadhana of Jnana-Yoga. 7
5. What are the Pancha Maha Bhavas of Bhakti ?
Explain with example. 7
6. Discuss the ideal place and ideal habits of a Yogi as mentioned in Bhagavad Gita. 7
7. Write short notes on the following : $3\frac{1}{2} + 3\frac{1}{2} = 7$
 - (a) Kenopanishad
 - (b) Chandogyopanishad
8. Explain in your own words the importance of Yoga-Sutra/Yogadarshan in comparison to other Yogic literature. 7
9. Describe how the Hathayoga tradition evolved and propagated. 7
10. Briefly describe the content of the First and the Second discourse (chapter) of Gheranda Samhita. 7
11. Describe Acharya Shankar's concept of Brahma Satyam Jagat Mithya. 7

12. What is the importance of Prana-Sadhana in Natha Yoga ? 7
13. Discuss the true nature of Yoga and spirituality as per Maharishi Dayanand Saraswati. 7
14. Describe the five states of mind as stated by Maharishi Vyasa. 7
15. How does Karma Yoga help in bringing stability of mind ? 7
16. Write short notes on the following : $3\frac{1}{2}+3\frac{1}{2}=7$
(a) Adhibhautika dukha
(b) Bhranti darshan
17. What is Klesha ? How many types of Kleshas are mentioned in Patanjali Yoga Sutra by Maharishi Patanjali ? 7
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