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BYG–001

**CERTIFICATE PROGRAMME IN YOGA
(CPY)**

Term-End Examination

June, 2024

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

Time : 3 Hours

Maximum Marks : 100

***Note :** Answer any **two** questions from
Section A and any **ten** questions from
Section B.*

Section–A

***Note :** Write the answers within **1200** words each.
Each question carries 15 marks. Attempt
any **two** out of three questions. $2 \times 15 = 30$*

1. Discuss Karma Yoga in detail. 15
2. Describe Ghatastha Yoga in detail. 15

P. T. O.

3. Give a complete life sketch of Adiguru Shankaracharya. 15

Section-B

Note : Write the answers within 500 words each.
Each question carries 7 marks. Attempt any **ten** questions out of 14 questions. 7×10=70

4. What do you understand by Panchklesha ? Discuss in brief. 7
5. What is Asana ? Discuss its importance in view of Yogasutra. 7
6. Write down the essence of Bhartiya Darshan in brief. 7
7. Discuss the views of Maharshi Dayanand Saraswati on Taitavada and Upasana in brief. 7
8. Describe the importance of Upanishad. 7
9. Discuss the qualities of Bhakta as described in Bhagwadgita. 7
10. Describe the content of Samadhipada of Yoga-sutra. 7

11. Discuss the concept of Astika and Nastik Darshan in brief. 7
12. Explain Panch Pranas. 7
13. Discuss the concept of first and second chapter of Hatha Pradeepika. 7
14. What is Chitta ? Discuss its Trigunatmik nature. 7
15. What do you understand by the concept of Chittaprasadana ? 7
16. Write short notes on the following (any *two*) : 7
 - (a) Swadhyaya
 - (b) Viparya vritti
 - (c) Brahmacharya
17. "Bhagwadgita is a Yogashashtra." Discuss in brief. 7