

No. of Printed Pages : 3

**BYG-001**

**CERTIFICATE PROGRAMME IN YOGA  
(CPY)**

**Term-End Examination**

**December, 2022**

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

*Time : 3 Hours*

*Maximum Marks : 100*

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*Note : Attempt both Sections.*

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**Section—A**

*Note : Write the answers within 1200 words each.*

*Each question carries 15 marks. Attempt any  
two out of three questions.*

1. How will you define Upanishads ? Explain the essence of Upanishads in detail.
2. What is Karma Yoga ? Explain the types of Karma according to Bhagwadgita.
3. Describe in detail the various researches that have been conducted to establish the actual identify of Maharishi Patanjali.

**P. T. O.**

**Section—B**

**Note :** Write the answers within **500** words each.

*Each question carries 7 marks. Attempt any ten out of fourteen questions.*

4. Briefly describe the origin of Yoga. 7
5. What do you understand by the term Bhakti-Yoga. Also discuss why one should have Bhakti toward Ishwar. 7
6. Discuss the concept of Astika and Nastika Darshan in detail. 7
7. Explain the *five* tools recommended by Maharishi Patanjali for perfecting one's social equation. 7
8. Discuss the importance of Hatha Pradeepika in Hathyoga tradition. 7
9. What is the purpose of seven limbs of Ghatastha Yoga ? 7
10. Describe the Kriya Yoga practice popularized by Paramhansa Yogananda. 7

11. Discuss the views of Maharishi Dayanand Saraswati on 'Traitvad' and 'Upasana'. 7
12. Describe Shri Aurobindo as a freedom fighter. 7
13. Explain the *five* Vritties of Chitta as mentioned in Yogasutra. 7
14. What do you understand by the term Abhyasa ? 7
15. How many Chittavikshepas have been enumerated by Maharishi Patanjali in Yogasutra ? Describe any *one* of them. 7
16. What do you understand by the concept of 'Chittaprasadana' ? 7
17. Write short notes on the following :
  - (a) Klishta Vritties 3½
  - (b) Abhinivesha 3½