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**BYG-001**

**CERTIFICATE PROGRAMME  
IN YOGA (CPY)**

**Term-End Examination**

**June, 2020**

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

*Time : 3 Hours*

*Maximum Marks : 100*

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

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**Section—A**

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

1. Describe Yogic perspective of *Swami Vivekananda* in detail.
2. Discuss *Kriya Yoga* (of *Yogsutra*) in detail.

**P. T. O.**

3. Define *Bhakti Yoga*. Describe *nine* forms of *Bhakti (Navavidha bhakti)* in detail.

### Section—B

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

4. Write short notes on the following :  $3\frac{1}{2} + 3\frac{1}{2}$

(a) *Asmita*

(b) *Angamejyatra*

5. Write short notes on the following :  $2\frac{1}{2} + 3\frac{1}{2} + 1$

(a) Meaning of 'Yoga'

(b) Ideal habits of 'Yogi' in '*Bhagwadgita*'

(c) Meaning of '*Upanishad*'

6. Write down *five* similarities between various *Bharatiya darshanas*.

7. Write short notes on the following :  $3\frac{1}{2} + 3\frac{1}{2}$

(a) *Bhojavritti* on '*Yogasutra*'

(b) '*Samprajnata Samadhi*'

8. What are the *bahiranga sadhana* of '*Jnana*' ?

Discuss in brief.

9. What do you understand by '*Chittavikshepa*' ?

Discuss in brief.

10. Write short notes on the following :  $3\frac{1}{2} + 3\frac{1}{2}$

(a) *Ishopanishad*/*Ishavasyopnishad*

(b) *Chittavritti*

11. Discuss '*Vedanta Darshana*' in brief.

12. Write short notes on the following :  $3\frac{1}{2} + 3\frac{1}{2}$

(a) *Abhinivesha*

(b) *Pramana*

13. Discuss the concept of 'Yoga' in '*Bhagwadgita*'.
14. Who was *Guru Gorakshanatha* ? Discuss the significance of his works.
15. What do you understand by 'Yama' ? How many types of *Yamas* are mentioned in '*Yogasutra*' ?
16. What are *Tripitakas* ? Describe its various types.
17. What is *Asana* ? Discuss its importance in view of *Yogasutra*.