

No. of Printed Pages : 3

BYG-001

**CERTIFICATE PROGRAMME IN YOGA
(CPY)**

Term-End Examination

June, 2023

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

Time : 3 Hours

Maximum Marks : 100

***Note :** Answer any two questions from Section A
and answer 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. 15×2=30

1. What is Jnana Yoga ? Explain the Bahiranga Sadhana of it. 15
2. Give an introduction of Maharishi Raman. 15
3. Define Bhakti Yoga. Describe nine forms of Bhakti (Navavidha Bhakti) in details. 15

P. T. O.

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 is Yoga ? Give any *five* definitions of Yoga. 7
5. Discuss the ideal place and ideal habits of a Yogi as mentioned in the Bhagwad Gita. 7
6. What are the similarities between various Darshanas ? 7
7. Explain *five* tools recommended by Maharshi Patanjali for perfecting one's social equation. 7
8. What do you understand by the concept of 'Advaita' as proposed by Shankaracharya ? 7
9. Who was Guru Gorakshanatha ? Describe the significance of his works. 7
10. What do you understand by 'Yama' ? How many types of Yamas are mentioned in 'Yogasutra' ? 7
11. What are 'Tripitakas' ? Describe its various types. 7
12. What do you understand by 'Niyama' ? How many types of 'Niyamas' are mentioned in 'Yogasutra' ? 7

[3]

13. What is 'Pratyahara' ? Discuss its purpose in view of 'Yogasutra'. 7
14. Write short notes on the following : $3\frac{1}{2}+3\frac{1}{2}=7$
- (a) Vikalpa Vritti
- (b) Yogantray
15. What do you understand by 'Chittavikshepa' ? Discuss in brief. 7
16. What is Asana ? Discuss its importance in view of Yogasutra. 7
17. What is the purpose of the seven limbs of Ghatastha Yoga. 7