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BYG–001

**CERTIFICATE PROGRAMME IN YOGA
(CPY)**

Term-End Examination

December, 2024

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

Time : 3 Hours

Maximum Marks : 100

Note : *Attempt questions from both Sections as per instructions.*

Section—A

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

Each question carries 15 marks. Attempt
any *two* out of three questions. $15 \times 2 = 30$

1. Give a complete life sketch of Swami
Vivekananda. 15

2. Describe Chitta. Describe *five* states of Chitta/Chittabhūmis according to Maharishi Vyasa. 15
3. Describe the misconceptions about Yoga in detail. 15

Section—B

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

Each question carries 7 marks. Attempt any
ten out of 14 questions. 7×10=70

4. Who was Guru Gorakshnatha ? Discuss the significance of his works. 7
5. What is contribution of Adi Shankaracharya in re-establishing the Vedic knowledge. 7
6. What is the Kriya Yoga practice popularised by Paramahansa Yogananda ?

7. Describe Shri Aurobindo as a freedom fighter. 7
8. Discuss the concept of Chitta Prasadana. 7
9. What are Tripitakas ? Describe its various types. 7
10. Discuss the concept of 'Yoga' in Bhagwadgita. 7
11. What do you understand by Chittavikshepa ? 7
12. What is the importance of Prana Sadhana in Natha Yoga ? 7
13. Discuss the concept of Astika and Nastika Darshan in detail. 7
14. Discuss the ideal place and habits of a Yogi as mentioned in Bhagwadgita. 7
15. What do you understand by Abhyasa ? Discuss in brief. 7

16. Discuss Samkhya Darshan in brief. 7

17. Write short notes on any *two* of the following :

$$3\frac{1}{2}+3\frac{1}{2}=7$$

- (a) Maitri and Karuna
- (b) Dharana
- (c) Vyasbhasya on Yogasutra

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