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BYG-001

CERTIFICATE PROGRAMME

IN YOGA

(CPY)

Term-End Examination

December, 2025

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

Time : 3 Hours

Maximum Marks : 100

Note : Attempt all Sections as directed.

Section-A

*Note : Attempt any **two** questions. Write the answers within **1200** words each. Each question carries 15 marks. 2×15=30*

1. Give life-sketch of Maharishi Raman.
2. Write an essay on Chittavritti.
3. Explain Karma Yoga in detail.

Section-B

Note : Attempt any ten questions. Write the answers within 500 words each. Each questions carriers 7 marks. 10×7=70

4. Describe the misconceptions about Yoga.
5. What is the purpose of the seven limbs of Ghatastha Yoga ?
6. What is the importance of Prana-Sadhana in Natha Yoga ?

7. What is the importance of Guru-Shishya relationship in Kriya Yoga ?
8. What is the difference between Dhyana, Concentration and Meditation ?
9. Briefly discuss the content of Hathayoga Pradeepika.
10. Discuss about the importance of Yogasutra of Patanjali.
11. Name some of the literary works of Swami Vivekananda.
12. What are Panchakleshas ?
13. Describe the importance of Upanishad.

14. Discuss the concept of Atma in Bhagvadgita.
15. Describe the efforts of Maharshi Dayananda Saraswati in reviving Vedic tradition.
16. How does Chitta Prasadana help to live happily ?
17. Describe Chitta Vikshepa.

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