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BYG-001

**CERTIFICATE PROGRAMME IN
YOGA (CPY)**

Term-End Examination

June, 2026

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

Time : 3 Hours

Maximum Marks : 100

Note : *Attempt both Section as directed.*

Section—A

Note : *Write the answers with in **1200** words
each. Each question carries 15 marks.*

*Attempt any **two**.*

2×15=30

1. Explain the misconceptions about Yoga in detail. 15
2. Give a complete life sketch of Swami Vivekananda. 15

3. What is Ghatastha Yoga of Maharishi Gheranda. Discuss its seven limbs. 15

Section—B

Note : *Write the answers with in 500 words each. Each question carries 7 marks.*

Attempt any ten. 7×10=70

4. What is the ultimate purpose of Yoga ? 7
5. What is Karma Yoga ? 7
6. What is the importance of Upanishads ? 7
7. What is the importance of Prana-Sadhna in Natha Yoga ? 7
8. Briefly discuss the content of Yogasutra. 7
9. What is Tridukha ? 7
10. Descirbe the Five Antaraya/Chittavi kshepa to Yoga Sadhana ? 7
11. What is Raag and Dvesha ? 7

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12. What are the five Bhumis of Chitta ? 7
13. Name some of the books written by Shree
Aurobindo. 7
14. What is Niyama and its components. 7
15. How can a person know the real self
according to Maharshi Ramana ? 7
16. What are the types of Kumbhakas as
described in Hatha Pradeepika ? 7
17. What is Navdha Bhakti ? 7

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