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BYG-001

CERTIFICATE PROGRAMME IN
YOGA
(CPY)

Term-End Examination

June, 2025

BYG-001 : INTRODUCTION TO YOGA AND
YOGIC TEXTS

Time : 3 Hours

Maximum Marks : 100

Note : Answer any **two** questions from

*Section A and any **ten** questions from*

Section B.

D-3157/BYG-001

P. T. O.

Section—A

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

1. Describe the life sketch of Yogi Shymacharana Lahiriji.
2. Describe seven limbs of Ghatastha Yoga.
3. Describe the principles of Yoga.

Section—B

Note : Attempt any **ten** questions. Write the answers within **500** words each. Each question carries 7 marks. $7 \times 10 = 70$

4. What is the ultimate purpose of Yoga ?
5. What is Jeevanmukti ?

6. Describe the various teachings of Guru Gorakshanath.
7. Describe the Trigunatmaka nature of Chitta.
8. What are the types of Kleshas ?
9. Describe Chittaprasadana.
10. What is the result of Chittavrattinirodh ?
11. What are the secrets of Karma Yoga ?
12. Describe the importance of Upanishad.
13. Discuss the types of Bhakta as mentioned in Bhagwadgita.
14. Discuss about the family background of Sri Aurobindo.

15. What are the types of Kumbhakas described in Hatha Pradeepika ?
16. Describe the first-three Antaraya/Chitta Vikshepa in Yoga Sadhana.
17. How do Niyamas help a person in mastering the self ?

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