

20/11/20

BLDE (DEEMED TO BE UNIVERSITY)
CERTIFICATE IN YOGA PROGRAMME

[Time: 3 Hours]

[Max. Marks: 80]

FOUNDATIONS OF YOGA – PAPER - I
QP CODE: 7101

Your answer should be specific to the questions asked

Draw neat, labeled diagrams wherever necessary

Each answer should be written on new page only

Write Question No. in the middle of margin.

I. Answer the following in a sentence or two

(1×20=20)

1. What is the meaning of the word “Yoga”?
2. Define Moksha.
3. What is the aim of Yoga?
4. Name any one school of Yoga.
5. What is Darshana?
6. What is meant by Purushartha?
7. What are the Upanishads?
8. Write one misconception about Yoga.
9. What is Prana?
10. What are Pancha-koshas?
11. What is Syadvada?
12. Mention any one Noble Truth of Buddha.
13. Who is the author of Yoga Sutras?
14. What is Nishkama Karma?
15. What is Bhakti?
16. What is Kundalini?
17. What is Hatha Yoga?
18. Who is considered the founder of Vedanta?
19. What is Preksha-dhyana?
20. What is Swara Yoga?

II. Write short notes

(6×5=30)

1. Etymology of Yoga / **or** Principles of Yoga
2. Pancha-kosha Theory / **or** Yoga in the Vedas
3. Ratnatraya in Jainism / **or** Arya-ashtangika-marga
4. Natha Tradition / **or** Bhakti Yoga of Medieval Saints
5. Jnana Yoga – Sadhana-chatushtaya / **or** Karma Yoga – Concept of Nishkama Karma
6. Hatha Yoga Practices / **or** Yoga in Ayurveda

III. Answer in detail

(3×10=30)

1. Explain the history and development of Yoga from Pre-Vedic to modern times. / **or** Describe the major Schools of Yoga.
2. Explain the salient features of Bharatiya Darshana. / **or** Discuss Astika and Nastika Darshan.
3. Explain Patanjali's Ashtanga Yoga in detail. / **or** Discuss the concept of Pancha-koshas.

5/11/26
AM 26
Jan 26

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FOUNDATIONS & PRACTICES OF HATHA YOGA – PAPER - II

QP CODE: 7102

Your answer should be specific to the questions asked

Draw neat, labeled diagrams wherever necessary

Each answer should be written on new page only

Write Question No. in the middle of margin.

I. Answer the following in a sentence or two

(1×20=20)

1. What is Prana?
2. What is Pranayama according to Hatha Yoga?
3. What is meant by the etymology of Pranayama?
4. What is the main purpose of Pranayama in Hatha Yoga Sadhana?
5. What are Pancha Pranas?
6. Name the place of Prana (main Prana) in the body.
7. Name the place of Apana in the body.
8. Name the place of Samana in the body.
9. What is Upa-prana?
10. Name any Hatha text which explains Pranayama in detail.
11. What is meant by "Hathasiddhi Lakshanam"?
12. What is a Bandha?
13. What is Bandha-traya?
14. What is Jalandhara Bandha?
15. What is Uddiyana Bandha?
16. What is Moola Bandha?
17. What is a Mudra in Hatha Yoga?
18. Name any one Mudra from Hathapradipika.
19. What is meant by "seal" in the context of Mudra?
20. What is the general purpose of practising Mudras in Hatha Yoga?

II. Write Short Notes on the following

(6×5=30)

1. Concept and definitions of Prana in Hatha Yogic texts
or Concept and definitions of Pranayama in Hatha Yogic texts
2. Relevance and importance of Pranayama in Hatha Yoga Sadhana
or Pranayama practices as described in Hathapradipika
3. Pancha Prana – names, places and functions or Upa-pranas – names and functions
4. Meaning and importance of Bandhas in Hatha Yoga or Bandha-traya in Hatha Yoga
5. Techniques and benefits of Jalandhara Bandha or Techniques and benefits of Uddiyana Bandha
6. Concept and importance of Mudras in Hatha Yoga Sadhana
or Mudras as mentioned in Gheranda Samhita and Hatharatnavali (general introduction)

III. Answer the following in detail

(3×10=30)

1. Explain in detail the concept of Prana and Pranayama in Hatha Yogic texts and discuss the relevance of Pranayama in Hatha Yoga Sadhana.
or Describe the Pancha Pranas and Upa-pranas with reference to their places and functions.
2. Explain the different Pranayama practices as mentioned in Hathapradipika and Gheranda Samhita, along with their benefits, precautions and contraindications.
or Explain "Hathasiddhi Lakshanam" and discuss the signs of success in Hatha Sadhana.
3. Describe the etymology, relevance and importance of Bandhas in Hatha Yoga, and explain the techniques and benefits of Jalandhara, Uddiyana and Moola Bandha.
or Describe the concept of Mudras, and explain the techniques, benefits, precautions and contraindications of any three Mudras mentioned in Hathapradipika.

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HUMAN ANATOMY & PHYSIOLOGY – PAPER - III

QP CODE: 7103

Your answer should be specific to the questions asked

Draw neat, labeled diagrams wherever necessary

Each answer should be written on new page only

Write Question No. in the middle of margin.

I. Answer in one/two sentences

(1×20=20)

1. What is mitochondria?
2. What is a ribosome?
3. Define organ.
4. Define immunity.
5. What is an antigen?
6. What is antibody?
7. What is positive feedback?
8. What is sclera?
9. What is the lens of the eye?
10. What is the pinna?
11. What is the tympanic membrane?
12. What is the nasal cavity?
13. What is taste sensation?
14. What are sweat glands?
15. Name any one long bone.
16. What is the elbow joint?
17. What are smooth muscles?
18. What are bronchi?
19. What is systole?
20. What is diastole?

II. Write short notes

(6×5=30)

1. Structure and functions of cellular membrane **or** Cell organelles – any four
2. Defence systems of the body **or** Types of immunity
3. Structure and functions of tongue **or** Sensory physiology of skin
4. Types of muscles **or** Structure and function of skeletal muscles
5. Cardiac cycle **or** Blood pressure regulation
6. Structure of gastrointestinal tract **or** Physiology of absorption

III. Answer in detail

(3×10=30)

1. Explain the mechanisms of immunity in the human body.
or Describe homeostasis and its control systems.
2. Explain the respiratory system with a neat diagram of bronchial tree.
or Describe the cardiovascular system and functions of heart.
3. Explain the reproductive system in males and females.
or Discuss organs involved in excretion and functions of kidneys.