CENTRE FOR DISTANCE AND ONLINE EDUCATION

MASTER OF ARTS (YOGA),

FEBRUARY 2025 BATCH

1ST SEMESTER EXAMINATION – JULY 2025

Paper Code: **MSY-SCT101** **Paper Name:** **Foundation of Yoga**

Time – 3 Hrs. **Full Marks – 70**

Instructions:
1. All Questions are compulsory. Section **A** carries **10 Marks** and Section **B** carries **60 Marks**.
2. The figures to the right indicate the marks for the questions.
3. Assume suitable data wherever necessary and mention it.
4. Drafting should be neat and clean.

SECTION – A

Answer the following question in brief

			Marks	Bloom's Level	CO
Q1.	a)	What is the origin of the word "Yoga"?	02	II	1,2
	b)	Define Yoga according to Patanjali.	02	IV	3,4
	c)	What is Prasthanatrayee? Name its three components.	02	II	2,1
	d)	Why is Yoga not merely a physical exercise?	02	II	1,2
	e)	Mention any two objectives of practicing Yoga in daily life.	02	IV	3,4

SECTION-B

Q2.	**a**	What are the major historical milestones in the development of yoga from the Vedic period to the modern era?	12	II	1,2
		or		IV	3,4
	b	Name two prominent yoga texts from the medieval period and describe their significance.	12	II	2,1
Q3.	**a**	What is the literal meaning of the term 'Yoga' as per Sanskrit roots? Mention any five classical definitions of Yoga from ancient texts.	12	II	1,2
		or		IV	3,4
	b	What are ten common misconceptions about Yoga in the modern world?	12	II	2,1
Q4.	**a**	Describe the different types of Yoga explained in the Bhagavad Gita (Jnana, Bhakti, Karma, and Karma). How do they contribute to spiritual liberation?	12	II	1,2
		or			
	b	What is the significance of Yoga in modern time? Discuss its approach to mind, liberation, and self-realization through Yoga.	12	IV	3,4
Q5.	**a**	Define Bhakti Yoga and explain the nine forms (Navadha Bhakti) with suitable examples from the Bhagavata Purana.	12	V	4,1
		or			
	b	What is Karma Yoga according to the Bhagavad Gita? Explain the concept of Nishkama Karma with relevant slokas.	12	I	1,3
Q6.	**a**	Describe the concept and eight limbs (Ashtanga) of Raja Yoga as outlined by Patanjali in the Yoga Sutras.	12	II	1,2
		or		IV	3,4
	b	How is mental discipline and ethical living essential for progress in	12	II	2,1

		Raja Yoga? Discuss with reference to Yama and Niyama.			