



GH-072005

Seat No. _____

B. C. A. (Sem. II) Examination

March / April - 2019

BCAOE201 : Yogic Science

Time : 3 Hours]

[Total Marks : 70

- Instructions :** (1) Figures on the right indicate the marks.
(2) All questions are compulsory.
(3) Answer of each questions must start on a new page.
(4) Answer of all sub-questions of a question should be written in continuous order.

1 Answer the following : (any 14) 14

- (1) Define yoga.
- (2) What is dhyana ?
- (3) When first International Yoga Day was observed in India ?
(A) 21 June, 2014 (B) 21 June, 2015
(C) 21 June, 2016 (D) None of the above
- (4) Who had introduced yoga first time to the western world in a religious conference in Chicago, America ?
(A) Swami Vivekanand (B) Narendra Modi
(C) Maharshi Patanjali (D) Baba Ramdeva
- (5) Who is known as Father of Yoga ?
(A) Patanjali
(B) Shiva
(C) Brahma
(D) Tirumalai Krishnamacharya
- (6) The word "asana" refers to:
(A) A yoga pose or posture
(B) A breathing practice
(C) A relaxation technique
(D) A chant

- (7) The word pranayama refers to _____ breath control exercises.
- (8) Which veda mentions about the elements of yoga ?
 (A) Athar Veda (B) Rig Veda
 (C) Sam Veda (D) Yajur Veda
- (9) List 5 Koshas.
- (10) Write two advantages of asana.
- (11) What are the benefits of Kapalabhti ?
- (12) What are the benefits of Bhastrika ?
- (13) What is meant by Jnana Yoga ?
- (14) What is Pranayama ?
- (15) Explain the term : Introspection.
- (16) Yama and Niyama are part of _____ yoga.

2 Answer the following : (any two) **14**

- (1) List and explain Chakra System in detail.
- (2) What is Swara Yoga ? Explain 3 types of swara in detail.
- (3) How Surya Namaskara is helpful to human in personality development ? Explain benefits and disadvantages of it.

3 Answer the following : (any two) **14**

- (1) How the Chakra System relates to human age and stage of development ? Explain it.
- (2) Explain kundalini chakras and personality traits.
- (3) List and explain different dimensions of personality.

4 Answer the following : (any two) **14**

- (1) List and explain eight parts of Raja Yoga.
- (2) What is Bhakti yoga ? Explain it.
- (3) What does it mean by Karma Yoga. Explain it.

5 Answer the following : (any two) **14**

- (1) What is physical yoga ? Explain it.
- (2) How yoga evolves vicious circles into virtuous circles ? Explain it.
- (3) Explain why group mediation is better.
