2025/06

SET A

BA LLB
FOURTH SEMESTER
FUNDAMENTALS OF YOGA-THEORY & PRACTICE
BLB – 404B

[USE OMR FOR OBJECTIVE PART]

Duration: 1.30 hrs. **Full Marks: 35**

(Objective)

Time: 15 min. **Marks: 10**

Choose the correct answer from the following: ***1×10=10***

1. Ahstanga Yoga is also known as -
   a. Karma Yoga
   b. Hatha Yoga
   c. Raja Yoga
   d. Bhakti Yoga

2. Swadhyaya is one of the-
   a. Asana
   b. Yamas
   c. Niyamas
   d. Bandhas

3. Padmasana has a meaning of-
   a. Lotus
   b. Rose
   c. Camel
   d. Cat

4. Sage Patanjali has written which one of the following-
   a. Bhagawat Gita
   b. Mahabharata
   c. Yoga Darshan
   d. HathayogaPradipika

5. Ahimsa is one of the-
   a. Yamas
   b. Niyamas
   c. Pranayamas
   d. Kriyas

6. Ustrasana has a meaning of-
   a. Crocodile
   b. Cobra
   c. Camel
   d. Lion

7. Bhramari is the-
   a. Faiting Breath
   b. Bee Breath
   c. Lion Breath
   d. Cooling Breath

8. Kapalbhati is a kind of-
   a. Pranayama
   b. Kriya
   c. Asana
   d. Dhyana

9. Bhakti yoga has mentioned in-
   a. Patanjali
   b. Ramayana
   c. Purana
   d. SrimatdBhagawad Gita

10. International Day of Yoga is celebrated on-

a. 5th June
b. 21st June
c. 21st May
d. 31st May

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(Descriptive)

Time : 1 hrs. 15 min. **Marks : 25**

[Answer the following question]

1. **a.** Elaborate 5 Yamas with meaning. 5

Or

b. Discuss the aims and objectives of Yoga and analyze its relevance and scope in the modern age.

2. **a.** Briefly define Raja Yoga and Karma Yoga. Write a note on PunshaKocha. 5+5=10

Or

b. Explain the importance of prayer, discipline, appropriate place and timing, and proper diet in yogic practice. How do these essentials contribute to the effectiveness and spiritual growth of a Yoga practitioner? 5+5=10

3. **a.** Define Yoga with Examples. Elaborate 8 yogasana with their names. 5+5=10

Or

b. Identify the major obstacles in the path of Yoga practice. Discuss the recommended sequence for yogic practices and compare the yogic system of exercise with non-yogic systems. What role do government, NGOs, and civil society play in promoting awareness and responsibility towards Yoga? 5+5=10

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