REV-01
BBLB/13/18

2025/06

**SET A**

# BBA LLB
# FOURTH SEMESTER
# FUNDAMENTALS OF YOGA-THEORY & PRACTICE
# BBLB – 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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