

**Bharati Vidyapeeth
(Deemed to be University), Pune**

School of Distance Education

Assignment No.: 1

Course:	BCA	Class:	BCA I	Semester:	II
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Subject:	Yoga and Meditation
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Q.1) Attempt **ANY ONE** of the Following (**1000 Words**) (10)

- a) Explain the origin of yoga and its brief development.
- b) Explain the various types of yoga.

Q.2) Attempt **ANY TWO** of the Following (**800 Words**) (12)

- a) What are the principles of meditation?
- b) Explain the advantages of yoga.
- c) Elaborate five major principles of practicing yoga.

Q.3) Write Short Notes on (**ANY TWO**) (08)

- a) Classify Asanas based on their effect on mind and body.
- b) Differentiate between Neti and Trataka kriya.
- c) Write a short note on four broad categories in which yoga is classified.

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