

Bharati Vidyapeeth
(Deemed to be University), Pune
School of Distance Education

Name of the Assignment Setter:		Dr. Suryawanshi Babasaheb Namdeo			
Course:	BBA	Class:	II	Semester:	IV

Subject:	Meditation and Yoga - I
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Q.1) Attempt ANY ONE of the Following (1000 Words) (10)

- a) What is the goal of yoga? Explain the different types and benefits of yoga.
- b) Define meditation. Why is it important? Explain the elements of meditation.

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

- a) What is laya yoga? State its process.
- b) What are yamas? Explain each one of them in detail.
- c) Discuss pranayama and its benefits. Explain anahata chakra.
- d) Distinguish between raja yoga and bhakti yoga.

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

- a) Six principles of naturopathy.
- b) Twelve basic asanas.
- c) Benefits of acupressure.
- d) Kundalini awakening

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