

Dr. Babasaheb Ambedkar Open University, Ahmedabad

Term-End Examination: February – 2026

Course Name : BBA

Date : 19-02-2026

Subject Name : Yoga & Wellness

Time : 03:00PM TO 05:15PM

Subject Code : BBAVAC207 / DBAVAC207

Max Marks : 70

Q.-1. Answer the following question (Attempt any one) in about 1200 words. (14)

- (1) Explain the difference between yoga and exercise.
- (2) Describe Patanjali's Ashtanga Yoga as mentioned in Sadhana Pada. Explain the purpose and importance of each limb.

Q.-2. Answer the following question (Attempt any one) in about 1200 words. (14)

- (1) Explain Yoga according to Bhagvad Gita.
- (2) What is Samkhya Darshan ? Explain its principles and methods practicing Samkhya Philosophy.

Q.-3. Answer the following question (Attempt any one) in about 1200 words. (14)

- (1) "Yoga is for everyone and offeres holistic benefits beyond physical fitness." explain in detail.
- (2) Writen in detail about Kundalini Yoga.

Q.-4. Answer the following question (Attempt any one) in about 1200 words. (14)

- (1) Explain in detail : Gyan Yoga.
- (2) Explain origin of yoga in detail.

Q.-5. Write short notes on any three of the following topics. (9)

- (1) State the misconceptions about yoga and refute them.
- (2) Give the Objectives of Refuting Myths about Yoga.
- (3) Mention the types of instincts.
- (4) Explain the types of karma and their meaning according to vedanta.
- (5) How Karma yoga, bhakti yoga, and jnana yoga are all related to each other?

Q.-6. Tick (✓) the correct alternative (5)

(1) Which text defines Yoga as "Chitta Vritti Nirodha"?

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|-------------------------|------------------|
| A) Upanishads | B) Bhagavad Gita |
| C) Patanjali Yoga Sutra | D) Rigveda |

(2) According to the lesson, Yoga's goal is NOT:

- | | |
|-------------------|--------------------|
| A) Miracles | B) Inner stability |
| C) Mental clarity | D) Self-awareness |

(3) Yoga is wrongly believed to be:

- | | |
|---------------------------|----------------------|
| A) A spiritual discipline | B) A religion |
| C) A mental practice | D) A holistic system |

(4) "Yogaḥ karmasu kauśalam" means:

- | | |
|------------------------------|----------------------------|
| A) Yoga is physical strength | B) Yoga is skill in action |
| C) Yoga is worship | D) Yoga is meditation only |

(5) Which of the following is Sanchita Karma?

- | | |
|--------------------------------|---|
| A) Karma of the present moment | B) Karma that is to be experienced in this life |
| C) Past accumulated karma | D) Karma done without desire |