

Dr. Babasaheb Ambedkar Open University, Ahmedabad
Term-End Examination July - 2026

Course Name : BBA/DBA
Subject Name : Yoga & Wellness
Subject Code : BBAVAC207/ DBAVAC207

Date : 22-08-2026
Time : 03:00pm to 04:00pm
Max Marks : 35

Q.-1. Write answers to any one of the questions given below (in 1,200 words). (10)

- (1) "Yoga is for everyone and offeres holistic benefits beyond physical fitness." explain in detail.
- (2) What is Kriyayoga?

Q.-2. Write answers to any one of the questions given below (in 1,200 words). (10)

- (1) Describe the five Yamas—Ahimsa, Satya, Asteya, Brahmacharya, and Aparigraha. Discuss their importance in daily life.
- (2) Describe Sankhya Darshan with reference to Purusha, Prakriti, principles of cause and effect, and its relationship with Yoga.

Q.-3. Write short notes on any two of the following topics. (10)

- (1) Traditional yoga texts.
- (2) Difference between Yoga and Exercise
- (3) What is needed to progress in Karma yoga.
- (4) What is Yoga? Share your thoughts.
- (5) Maharshi Patanjali's view of yoga.

Q.-4. Choose the correct answer from the options given below (05)

(1) How many chapters (Upadeshas) are there in Hatha Yoga Pradipika?

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| A) 2 | B) 3 |
| C) 4 | D) 5 |

(2) Which of the following is a misconception about Yoga?

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|--------------------------------|---------------------------------|
| A) Yoga promotes inner peace | B) Yoga is not for householders |
| C) Yoga improves mental health | D) Yoga balances the mind |

(3) Which text was translated by Mahatma Gandhi as "Anasakti Yoga"?

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

(4) Which of the following is NOT one of the Shatkarmas?

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| A) Dhauti | B) Neti |
| C) Basti | D) Dhyana |

(5) Which is the first limb of Ashtanga Yoga?

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| A) Asana | B) Yama |
| C) Pranayama | D) Dharana |