

CERTIFICATE PROGRAMME IN YOGA

Term-End Examination

December, 2019

BYG-002 : YOGA AND HEALTH

Time : 3 hours

Maximum Marks : 100

Note : Answer any two questions from Section - I and any ten questions from Section - II.

SECTION - I

Write the answers within 1200 words. Each question carries 15 marks. Attempt any two out of three questions. 2x15=30

1. Describe the process of intestinal digestion in details. 15
2. Describe the major characteristics, quality, power and attributes of *Panchakoshas*. 15
3. Discuss the purpose and utility of *pranayama*. 15

SECTION - II

Write the answers within 500 words. Each question carries 7 marks. Attempt any 10 out of 14 questions. 10x7=70

4. What are the different surface barriers that protect organisms from infection? 7
5. What do you understand by *Manomaya Kosha*. Explain its different aspects. 7
6. Write short notes on :
 - (a) *Ida nadi* 3½
 - (b) *Pingala nadi* 3½
7. Describe the five *upapranas* and their functions. 7
8. Discuss the practices followed to cure the psychosomatic ailments in :
 - (a) *Manomaya kosha* 3½
 - (b) *Anandamaya kosha* 3½

9. Classify different types of *vatas* and enumerate their location. Also, describe the causes of unbalanced *vata* and the symptoms of unbalanced *vata*. 7
10. How can one balance *Tridoshas* for perfect health ? 7
11. Describe the major causes of frustration, conflicts and psychosomatic disorders in human beings. 7
12. What are the major indicators of mental health ? 7
13. Write short notes on the following :
- (a) *Shaucha* or cleanliness 3½
- (b) *Santosha* 3½
14. Explain the following in brief :
- (a) *Sakshi Bhavana* 3½
- (b) *Anitya Bhavana* 3½
15. Describe three types of muscles present in Human body. 7
16. What are the different phases of stress in *Yogic* perspective ? Explain any two in brief. 7
17. Answer the following questions :
- (a) What are *tamasik* type of foods ? 2½
- (b) When does a *Satvik* person start eating *tamasik* type of food ? 2½
- (c) Define *Pooti*. 2
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