CERTIFICATE PROGRAMME IN YOGA (C. P. Y.)

Term-End Examination December, 2020

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

Note: Write the answers within 200 words. Each question carries 15 marks. Attempt any two out of three questions.

- 1. Describe the different parts of Human Respiratory System.
- 2. What is *Chakra*? Describe the seven *Chakras*. What kind of changes does the disharmony of these *Chakras* bring about in the human body.
- 3. Discuss the *Yogic* principles of healthy living.

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Section—II

Note: Write the answers	within	<i>500</i>	wor	ds. I	Each
question carries 7	marks.	Atte	mpt	any	ten
out of 14 questions.					

- 4. Describe the minute and gross structure of long bone.
- 5. Explain the physiological signs and symptoms of stress.
- 6. Answer the following questions:
 - (a) How are lymphatic vessels different from blood vessels?
 - (b) Which are the smallest lymphatic vessels? Where are they mainly found? $2\frac{1}{2}$
 - (c) What are tonsils? Name its *three* types. Also, define adenoids. $3\frac{1}{2}$
- 7. Describe the layers or sheaths of which a human individual is comprised.
- 8. Describe the different types of *Pranas* present in the human body and their place and function in the body. Also, explain what happens when these *Pranas* are disturbed or imbalanced.

Give	e the	major	functio	ns a	and	chief	features
of:							
(a)	Pinga	la nadi	į				$3\frac{1}{2}$
(b)	Sushi	ımna n	adi				$3\frac{1}{2}$
). Answer the following questions about <i>Kanda</i> :							
(a)	Defin	e <i>Kand</i>	a.				1
(b)	Give t	the defi	nition o	f Ka	nda	as sp	ecified in
	Hathy	voga Pr	adeepik	a.			$1\frac{1}{2}$
(c)	Discu	ss the i	mporta	nce c	of Ka	inda.	$2\frac{1}{2}$
(d)	How o	does pra	acticing	Kan	dase	ana he	elp? 2
Disc	cuss t	he mo	dern co	ncep	ot o	f hea	lth with
resp	ect to	o the	social,	phy	sica	l and	mental
para	ımeter	's.					7
Desc	cribe <i>F</i>	Panchai	mahabh	utas	•		7
					adh	is ?	Explain 7
Wri	te shor	rt notes	on the	follo	wing	g :	
(a)	Sattve	a guna					$3\frac{1}{2}$
(b)	Tama	s guna					$3\frac{1}{2}$
	of: (a) (b) Ans (a) (b) (c) (d) Disc resp para Desc Wha diffe Writ (a)	of: (a) Pinga (b) Susha Answer th (a) Define (b) Give to Hathy (c) Discu (d) How of Discuss to respect to parameter Describe H What are different to Write short (a) Sattvo	of: (a) Pingala nada (b) Sushumna n Answer the follow (a) Define Kand (b) Give the define Hathyoga Pr (c) Discuss the indicate of the parameters. Describe Pancham What are Adh different types of the write short notes (a) Sattva guna	of: (a) Pingala nadi (b) Sushumna nadi Answer the following que (a) Define Kanda. (b) Give the definition of Hathyoga Pradeepik (c) Discuss the important (d) How does practicing Discuss the modern concepts to the social, parameters. Describe Panchamahabh What are Adhis and different types of Vyadhis Write short notes on the (a) Sattva guna	of: (a) Pingala nadi (b) Sushumna nadi Answer the following question (a) Define Kanda. (b) Give the definition of Kanda Hathyoga Pradeepika. (c) Discuss the importance of the definition of the Hathyoga Pradeepika. (d) How does practicing Kanda Discuss the modern concept respect to the social, phy parameters. Describe Panchamahabhutas What are Adhis and Vy different types of Vyadhis. Write short notes on the followance in the follow	of: (a) Pingala nadi (b) Sushumna nadi Answer the following questions ale (a) Define Kanda. (b) Give the definition of Kanda Hathyoga Pradeepika. (c) Discuss the importance of Kanda Hathyoga Pradeepika. (d) How does practicing Kandasa Discuss the modern concept of respect to the social, physical parameters. Describe Panchamahabhutas. What are Adhis and Vyadh different types of Vyadhis. Write short notes on the following (a) Sattva guna	 (a) Pingala nadi (b) Sushumna nadi Answer the following questions about K (a) Define Kanda. (b) Give the definition of Kanda as specified Pradeepika. (c) Discuss the importance of Kanda. (d) How does practicing Kandasana here present to the social, physical and parameters. Describe Panchamahabhutas. What are Adhis and Vyadhis? different types of Vyadhis. Write short notes on the following: (a) Sattva guna

15. Explain the *tridosha* theory.

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16.	Give	e the role of the following in calming	down
	the	mind:	
	(a)	Kriya Yoga	$3\frac{1}{2}$
	(b)	Pratyahara	$3\frac{1}{2}$

17. What is *Tapas*? What are its various types according to *Bhagvadgeeta* and *Swami*Satyanand Saraswati?

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