

No. of Printed Pages : 3

BYG-002

**CERTIFICATE PROGRAMME IN YOGA
(CPY)**

Term-End Examination

December, 2021

BYG-002 : YOGA AND HEALTH

Time : 3 Hours

Maximum Marks : 100

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

Section—I

Note : Write the answers within **1200** words. Each question carries 15 marks. Attempt any **two** out of 3 questions.

1. Give an account of respiratory passage in the human body.
2. What is Tridosha Theory ? Explain in details.
3. Explain the role of Yama and Niyama in mental health.

Section—II

Note : Write the answers within **500** words. Each question carries 7 marks. Attempt any **ten** out of 14 questions.

4. Write short notes on the following :

(i) Lymph	3
(ii) Spleen	2
(iii) Phagocytes	2
5. Describe the **three** types of muscles present in the human body.
6. Explain the concept of Panchamahabutas.
7. Give a brief description of Pancha-Prana and their functions in body.
8. Discuss the practices recommended to achieve the perfect health of Manomaya Kosha.
9. What are the recommendations of Yoga Vashishtha for development of Satvaguna to have healthy body and mind ?
10. Write briefly on Human Personality and Svabhava.

[3]

11. Discuss the role of prayer and meditation for mental health.
12. What is Yogic Diet ? Give the classification of it.
13. Describe the *four* major phases through which the stress related disorders progress.
14. What is Ritucharya ? Give the classification of seasons in it.
15. Discuss the influence of food over mind and emotions.
16. Write about the solutions prescribed by Patanjali to stop the modifications of mind.
17. What do you understand by Sadavritta (Code of Conduct) of Ayurveda ?