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BYG-002

**CERTIFICATE PROGRAMME IN YOGA
(CPY)**

Term-End Examination

June, 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

Write the answers within *1200* words each. Each question carries *15* marks. Attempt any *two* out of *three* questions.

$15 \times 2 = 30$

1. Describe the major types of joints. 15
2. Discuss the relationship of *Panchamahabhootas* with *tridoshas* and *trigunas*. 15
3. Explain the concept of *vyavahara* in detail. 15

Section—II

Write the answers within **500** words each. Each question carries **7** marks. Attempt any **ten** questions out of *fourteen* questions. $7 \times 10 = 70$

4. Enumerate the major functions of lymphatic system. 7

5. "When mind is disturbed, *Prana* also gets disturbed." Do you agree with this statement ?
Give reasons in support of your answer. 7

6. Discuss the following in context of health :

(a) *Pranamaya Kosha* $3\frac{1}{2}$

(b) *Anandamaya Kosha* $3\frac{1}{2}$

7. What do *Asanas* focus on ? Discuss the overall benefits of *Asanas*. 7

8. What is '*vata*' ? What is it responsible for ? 7

9. Which is the third *dosha* according to the *Tridosha* theory ? What is it responsible for ? What are its major sites ? Also enumerate causes and symptoms of unbalancing of the third *dosha*. 7
10. Describe the *Panchapranas* and their functions.
11. Answer the following questions :
- (a) What is *Sukshma sharira* or astral body composed of ? $4\frac{1}{2}$
- (b) What do you understand by *Karana Sharira* ? $2\frac{1}{2}$
12. How can *Yoga* provide solutions to psychomatic disorders ? 7
13. What do you understand by *Niyama* ? What are the *five niyamas* ? Explain any *two* of them. 7
14. What is stress ? Discuss the two levels at which stress can occur ? Also, describe the pathophysiology of stress. 7

15. What are the major principles of *dinacharya* according to *Ayurveda* ? Explain any *two* of them. 7
16. What do you understand by *Dakshinayana* ? What is its effect on human body ? 7
17. What are *Satvik* foods ? How do they help in providing a clear consciousness ? Discuss in brief. 7