

**CERTIFICATE PROGRAMME IN YOGA
(CPY)**

Term-End Examination

June, 2022

BYG-002 : YOGA AND HEALTH

Time : 3 hours

Maximum Marks : 100

SECTION A

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

- 1.** Describe the Respiratory system in detail. 15
- 2.** What is the concept of Prana ? Discuss Panchaprana and their functions. 15
- 3.** What is the Triguna concept of Sankhya philosophy ? Discuss the influence of Triguna on Behaviour. 15

SECTION B

*Write the answers within 500 words each. Each question carries 7 marks. Attempt any **ten** out of fourteen questions.*

4. Write short notes on the following :
 - (a) Cartilaginous and Synovial Joints 3
 - (b) Artery and Vein 2
 - (c) Heart Block 2

5. “The pituitary gland is also called the master gland of the body.” Do you agree with this statement ? Give reasons in support of your answer. 7

6. What are the three bodies into which the Panchakosha are classified ? Give their major characteristics. 7

7. What do you understand by the term Nadi ? Discuss three major Nadis. 7

8. What is Good Health ? Discuss its different dimensions. 7

9. “Balance of Tridosha is a must for perfect health.” Justify the statement. 7

10. What do you understand by the term Consciousness ? Briefly discuss the four states of consciousness. 7
11. What do you understand by Yogic attitude ? Discuss Pratipaksha Bhavana. 7
12. Describe the four major phases through which stress-related disorders progress. 7
13. Discuss stress in the perspective of Yoga-Vasishtha. 7
14. Briefly explain the concept of Shadrasa of food in Ayurveda. 7
15. What is Ritucharya ? Give the classification of seasons in it. 7
16. Describe Vegetarianism in context of Yoga. 7
17. Write short notes on the following :
- (a) Vihara (Recreation) $3\frac{1}{2}$
- (b) Prayer $3\frac{1}{2}$
-