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BYG-002

**CERTIFICATE PROGRAMME IN YOGA
(CPY)**

Term-End Examination

June, 2023

BYG-002 : YOGA AND HEALTH

Time : 3 Hours

Maximum Marks : 100

Note : *Answer any two questions from Section A and answer any **ten** questions from Section B.*

Section-A

Note : Write the answers within **1200** words each.
Each question carries 15 marks. Attempt any *two* out of three questions. $2 \times 15 = 30$

1. Describe the musculoskeletal system of human body. 15
2. Describe the major characteristics, quality, power and attributes of Panchakoshas. 15
3. What is stress ? Define the major types of stress and also explain its physiological signs and symptoms. 15

P. T. O.

Section-B

Note : Write the answers within **500** words each.
Each question carries 7 marks. Attempt
any *ten* out of 14 questions. $7 \times 10 = 70$

4. Describe the cardiovascular system of human body. 7
5. Describe the *three* major Nadis. 7
6. Describe the yogic concept of health and disease. 7
7. What do you understand by the term 'Triguna' ?
Briefly discuss the characteristics of 'Triguna'. 7
8. What do you understand by 'Manomaya Kosh' ?
Explain its different aspects. 7
9. Describe the upapramana and their functions. 7
10. What do Asanas focus on ? Discuss the overall
benefits of Asanas. 7
11. What is 'Vata' ? What is it responsible for ? 7
12. How can Yoga provide solutions to
psychosomatic disorders ? 7
13. What do you understand by 'Niyama' ? What
are the *five* Niyamas ? Explain any *two* of them.

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14. What are the major principles of Dincharya according to Ayurveda ? Explain any *two* of them. 7
15. Describe the Dakshinayana in brief. What is its effects on human body ? 7
16. Describe the concept of Satvik food. How do they help in providing a clear consciousness ? Discuss in brief. 7
17. Write a note on Vihara (Recreation) and Swadhyaya (study of one's own self). 7