

No. of Printed Pages : 2

**BYG–002**

**CERTIFICATE PROGRAMME IN YOGA  
(CPY)**

**Term-End Examination**

**June, 2024**

**BYG–002 : YOGA AND HEALTH**

*Time : 3 Hours*

*Maximum Marks : 100*

---

***Note :** Answer any **two** questions from Section A  
and 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. Discuss the Yogic principles of healthy living. 15
2. Explain the structure of heart with a diagram.  
15
3. What is Tridosha Theory ? Explain in detail. 15

**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. Discuss the types of joint in human body. 7

**P. T. O.**

5. Write about the concept of Ayurvedic diet. 7
6. Explain the concept of Ritucharya. 7
7. Explain the role of Pranayama in calming down the mind. 7
8. Explain the physiological signs and symptoms of stress. 7
9. Write about the concept of Mitahara according to Hatha Yoga texts. 7
10. What is the concept of Chakras ? Explain any *two*. 7
11. What is the need of Yoga in modern society ? 7
12. What do you understand by the term Triguna ? 7
13. Discuss the relationship between mind and body. 7
14. What do you understand about the term of Nadi ? Discuss any *three* major Nadis. 7
15. What do you understand by Manomayaykosha Annamayakosha ? Explain its different aspects. 7
16. Write a brief account on consciousness. 7
17. Write down the characteristics of a mentally healthy person. 7