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BYG-002

**CERTIFICATE PROGRAMME IN YOGA
(C. P. Y.)**

Term-End Examination

December, 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

Note : Write the answers within **200** words. Each
question carries 15 marks. Attempt any **two**
out of three questions.

1. Describe the different parts of Human Respiratory System.
2. What is *Chakra* ? Describe the seven *Chakras*. What kind of changes does the disharmony of these *Chakras* bring about in the human body.
3. Discuss the *Yogic* principles of healthy living.

Section—II

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

4. Describe the minute and gross structure of long bone. 7
5. Explain the physiological signs and symptoms of stress. 7
6. Answer the following questions :
 - (a) How are lymphatic vessels different from blood vessels ? 1
 - (b) Which are the smallest lymphatic vessels ? Where are they mainly found ? $2\frac{1}{2}$
 - (c) What are tonsils ? Name its *three* types. Also, define adenoids. $3\frac{1}{2}$
7. Describe the layers or sheaths of which a human individual is comprised. 7
8. Describe the different types of *Pranas* present in the human body and their place and function in the body. Also, explain what happens when these *Pranas* are disturbed or imbalanced. 7

9. Give the major functions and chief features of :

(a) *Pingala nadi* $3\frac{1}{2}$

(b) *Sushumna nadi* $3\frac{1}{2}$

10. Answer the following questions about *Kanda* :

(a) Define *Kanda*. 1

(b) Give the definition of *Kanda* as specified in *Hathyoga Pradeepika*. $1\frac{1}{2}$

(c) Discuss the importance of *Kanda*. $2\frac{1}{2}$

(d) How does practicing *Kandasana* help ? 2

11. Discuss the modern concept of health with respect to the social, physical and mental parameters. 7

12. Describe *Panchamahabhutas*. 7

13. What are *Adhis* and *Vyadhis* ? Explain different types of *Vyadhis*. 7

14. Write short notes on the following :

(a) *Sattva guna* $3\frac{1}{2}$

(b) *Tamas guna* $3\frac{1}{2}$

15. Explain the *tridosha* theory. 7
16. Give the role of the following in calming down the mind :
- (a) *Kriya Yoga* $3\frac{1}{2}$
- (b) *Pratyahara* $3\frac{1}{2}$
17. What is *Tapas* ? What are its various types according to *Bhagvadgeeta* and *Swami Satyanand Saraswati* ? 7