

No. of Printed Pages : 3

**BYG-002**

**CERTIFICATE PROGRAMME IN YOGA  
(CPY)**

**Term-End Examination**

**December, 2022**

**BYG-002 : YOGA AND HEALTH**

*Time : 3 Hours*

*Maximum Marks : 100*

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*Note : Attempt both Section.*

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**Section—A**

*Note : Write the answers within 1200 words each.*

*Each question carries 15 marks. Attempt any  
two out of three questions.*

1. List the major organs of human excretory system. Also describe the structure and functions of a human kidney.
2. Explain the purpose and utility of Yogic practices in health.

**P. T. O.**

3. What is Stress ? Define the major types of stress and also explain its physiological signs and symptoms.

### Section—B

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

4. What do you understand by human digestive system ? Explain its functions in detail. 7
5. Write short notes on the following :
- (a) Cardiac cycle 2
- (b) Reflex action 2
- (c) Biological surface barriers 3
6. What are the practices mentioned to nurture each Kosha ? Discuss briefly. 7
7. Give a brief description of Pancha-Prana and their functions in body. 7
8. Briefly discuss the Yogic concept of health and disease. 7
9. What do you understand by the term Triguna ? Briefly discuss the characteristics of Triguna. 7
10. Write a note on human personality and Svabhava. 7

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11. Write down the characteristics of a mentally healthy person. 7
12. Explain the role of 'Yama' in mental health. 7
13. Discuss the role of prayer and meditation for mental health. 7
14. What does Bhagwadgita suggest for stress management ? 7
15. What do you understand by 'Sadavritta' (Code of Conduct) of Ayurveda ? 7
16. Write about the concept of Ayurvedic diet. 7
17. Write short notes on the following :
  - (a) Pratipaksha Bhavna 4
  - (b) Ida, Pingla, Sushumna 3

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