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BYG–002

**CERTIFICATE PROGRAMME IN YOGA
(CPY)**

Term-End Examination

December, 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 answer within **1200** words each.*

Each question carries 15 marks. Attempt any

***two** out of **three** questions. 2×15=30*

1. What is the concept of Prana ? Discuss Pancha-Prana and their functions. 15

2. Discuss the purpose and utility of Pranayama.

15

P. T. O.

3. Discuss the relationship of Panchamahabhoots with Tridosha and Trigunas. 15

Section—B

Note : Write the answers within 500 words each.

Each question carries 7 marks. Attempt any

10 out of 14 questions.

10×7=70

4. Describe the major joints of Human body. 7
5. Describe the Digestive system of Human body. 7
6. Describe the 'Ida Nadi' and 'Pingala Nadi'. 7
7. What do Asanas focus on ? Discuss the benefits of Asanas. 7
8. Describe the Sukshma Sharira and Karana Sharira. 7
9. What is Stress ? Discuss the two levels at which stress can occur ? Describe the pathophysiology of stress. 7
10. What is Niyama ? What are the five Niyamas ? Explain any *two* of them. 7
11. Discuss the practices to nurture each Kosha. 7

12. Justify the statement that 'Balance of Tridosha is must for perfect health.' 7
13. Describe about the Kandasthana and Ritucharya. 7
14. Discuss about the Vihara (Recreation) and Swadhyaya (Study of one's own self). 7
15. How will you explain the concept of Acharas ? 7
16. Discuss the role of Yoga in calming down the mind. 7
17. Discuss about the 'Sakshi Bhavana' and 'Anitya Bhavana'. 7