

CERTIFICATE PROGRAMME IN YOGA

Term-End Examination

June, 2021

BYG-002 : YOGA AND HEALTH

Time : 3 hours

Maximum Marks : 100

Note : Answer any **two** questions from Section I and answer any **ten** questions from Section II.

SECTION I

Write the answers within 1200 words each. Each question carries 15 marks. Attempt any 2 out of 3 questions.

2×15=30

1. Discuss the process of Digestion in detail. 15
2. What is the concept of Prana ? Discuss Pancha-Prana and their functions. 15
3. What is Stress ? Define the major types of stress and also explain its physiological signs and symptoms. 15

SECTION II

Write the answers within 500 words each. Each question carries 7 marks. Attempt any 10 out of 14 questions.

10×7=70

4. Write short notes on the following : 2+3+2=7
- (a) Cardiac Cycle
 - (b) Micturition
 - (c) Vital Capacity of Lungs
5. Write short notes on the following : 3+4=7
- (a) Spinal Nerves
 - (b) Reflex Actions
6. Mention the practices to nurture each Kosha. 7
7. What do you understand by the term 'Nadi' ?
Discuss about the three major Nadis. 7
8. Briefly describe 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. Justify the statement that "Balance of Tridosha is must for perfect health." 7
11. Discuss the relationship between Mind and Body. 7

- 12.** Write short notes on the following : 3+4=7
(a) Role of Yoga in Calming Down the Mind
(b) Sakshi Bhava
- 13.** What do you understand by Sadvritta (Code of Conduct) of Ayurveda ? 7
- 14.** Describe Vegetarianism in context of Yoga. 7
- 15.** How will you explain the concept of Acharas ? 7
- 16.** Write short notes on the following : 4+3=7
(a) Vihara (Recreation)
(b) Study of One's Own Self (Swadhyaya)
- 17.** Write short notes on the following : 4+3=7
(a) Kandasthana
(b) Ritucharya
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