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BYG–002

CERTIFICATE PROGRAMME IN YOGA
(CPY)

Term-End Examination

December, 2024

BYG–002 : YOGA AND HEALTH

Time : 3 Hours

Maximum Marks : 100

Note : *Attempt both Section as directed.*

Section—A

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

Each question carries 15 marks. Attempt

any *two* out of three questions. $15 \times 2 = 30$

1. Define stress and explain the stress management through Yoga. 15

2. What is Panchakosha Theory ? Explain in detail. 15
3. Explain the structure and functions of Respiratory System with a diagram. 15

Section—B

Note : Write the answers within **500** words each.

Each question carries 7 marks. Attempt any *ten* out of fourteen questions. 7×10=70

4. Explain all factors which affect health. 7
5. Explain the role of meditation in mental health. 7
6. What do you understand by Sadvritta ? Discuss in brief. 7
7. What is the importance of Asanas for our health ? 7

8. What is Ritucharya ? Give the classification of seasons in it. 7
9. What are the major functions of lymphatic system ? 7
10. How will Yoga provide solutions to Psychosomatic disorder ? 7
11. What are Adhis and Vyadhis ? Explain different types of Vyadhis. 7
12. Write down the characteristics of Tridoshas. 7
13. What is Satvik food ? Discuss its importance for Yoga Sadhana. 7
14. What is the purpose and utility of Pranayama for holistic health ? 7

15. How do Trigunas affect human personality ? 7

16. Write short notes on any *two* of the following :

$$3\frac{1}{2}+3\frac{1}{2}=7$$

(a) Blood Pressure

(b) Pancreas

(c) Hormone

17. Write short notes on any *two* of the following :

$$3\frac{1}{2}+3\frac{1}{2}=7$$

(a) Tapah

(b) Swadhyaya

(c) Asteya

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