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BYG-002

**CERTIFICATE PROGRAMME
IN YOGA
(CPY)**

**Term-End Examination
December, 2025**

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 questions.*

1. Explain the daily regimen (Dincharya) according to Ayurveda in detail. 15
2. What is stress ? What does Bhagavadgita suggest for stress management ? 15
3. Describe the different parts of Human Respiratory System. 15

Section-B

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

4. Explain the role of Yama and Niyama in mental health. 7
5. What are the qualities of the person dominated by Satwa, Rajas and Tamas respectively ? 7
6. Briefly discuss the concept of Nadis and *three* most important Nadis in human body. 7
7. Write about the functions of Vata, Pitta and Kapha in the body. 7
8. List the different Upa Vayu and their functions. 7
9. What are Lysomomes ? Give their functions. 7
10. What are the *three* types of muscles ? Enumerate their functions. 7

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11. Write about the solutions described by Patanjali to stop modifications of the mind. 7
12. Discuss the concept of Pancha Mahabhoot. 7
13. What is the meaning of Tapas and its types ? 7
14. Write about the importance of rising in Brahma Muhurta. 7
15. How does the Manomaya Kosha or mind affect the Prana ? 7
16. What is the remedy for body disease according to Yoga Vasistha ? 7
17. Explain the role of meditation in mental health. 7

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