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BYG-002

**CERTIFICATE PROGRAMME IN
YOGA (CPY)**

Term-End Examination

June, 2026

BYG-002 : YOGA AND HEALTH

Time : 3 Hours

Maximum Marks : 100

Note : *Attempt all Sections as directed.*

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. Explain the usefulness of Yoga in daily life.

15

2. Explain the concept of Panchamahabhutas.

15

3. Give the structure of the different Chakras and their locations. 15

Section—B

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

*Each question carries 7 marks. Attempt any **ten** questions of the following.*

$$10 \times 7 = 70$$

4. What are lysosomes ? Give their functions. 7
5. What do you understand by : $3\frac{1}{2} + 3\frac{1}{2}$
- (i) An enzyme
- (ii) Peristaltic movement
6. Explain the role of Yama and Niyama in mental health. 7
7. What is Pincharya ? 7
8. What does Bhagavad Gita suggest for stress management ? 7
9. Write the *four* states of consciousness. 7
10. What is the importance of meditation in our life ? 7

11. Write about the function of Vata, Pitta and Kapha in the body. 7
12. Write short notes on the following : $3\frac{1}{2}+3\frac{1}{2}$
- (a) Pratyahara
- (b) Pranayama
13. What do you understand by Cardiac cycle ? 7
14. Write a brief note on the characteristics of Satva, Rajas and Tamas. 7
15. What do you understand by concept of Shadrasas (षड्रस) of food in Ayurveda ? 7
16. Discuss about Yoga and Vegetarianism. 7
17. What happens if there is an imbalance in Prana, Apana and Udana ? 7

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