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BYG-002

CERTIFICATE PROGRAMME

IN YOGA (CPY)

Term-End Examination

June, 2025

BYG-002 : YOGA AND HEALTH

Time : 3 Hours

Maximum Marks : 100

Note : *Attempt all Sections as directed.*

Section—A

Note : *Attempt any **two** questions. Write the answers within **1200** words each. Each question carries 15 marks. 2×15=30*

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P. T. O.

1. What is the importance of Yoga in modern life ? Write *two* definitions of Yoga.
2. Explain the Panchakosh theory in detail.
3. Explain the Human Cardial System in detail.

Section—B

Note : Attempt any **ten** questions. Write the answers within **500** words each. Each question carries 7 marks. 10×7=70

4. What is Stress ? Define the major types of stress.
5. Write in brief about the Yogic concept of food according to Bhagvadgita.
6. Give a brief description of Pancha-Prana and their function in body.

7. Explain Kriya Yoga according to Yogananda.
8. What are the *three* types of muscles ?
Enumerate their functions.
9. Differentiate between Dynamic and Relaxing Asanas.
10. What is the concept of Shadras according to Ayurveda ? Discuss.
11. What is Adhija Vyadhi and Anadhija Vyadhi ?
12. Explain Pratipaksha Bhavna.
13. Explain Tridosha according to Ayurveda.
14. What is the theory of Triguna ?
Discuss.

15. What do you understand by the following :

(a) An enzyme

(b) Peristaltic movement

16. Explain the role of Pranayama in calming down the mind.

17. What are the functions of Blood ?

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