

B.Sc. (Honours) Examination, 2019
Semester-IV
Yogic Art & Science
Course : BS-CT 402
(Basic of Yoga Therapy)

Time : 3 Hours

Full Marks : 70

Questions are of value as indicated in the margin
Answer one question from each unit

UNIT - I

1. Define health and mental health. What do you mean by holistic health? Mention different components of holistic health and explain in detail. 2+2+3+8=15

Or

Discuss yogic lifestyle a way to achieve absolute state of holistic health. 15

UNIT – II

2. What is your concept on triguna and Pancha Prana? Discuss the concept of disease according to Indian system of medicine. 8+7=15

Or

Describe the concepts of three forms, states and levels of awareness according to Vedic Physiology. 15

UNIT – III

3. Explain elaborately on the yogic principles of healthy living. 15

Or

Write a note on the yogic concepts of positive attitudes and its role for healthy living. 15

4. Explain in detail about psycho-physiological benefits of Pranayama and Meditation. 15

Or

Discuss categorically the therapeutic benefits of Asana and Kriya. 8+7=15

UNIT – IV

5. Write short notes on the following (**any two**) : 7×2=14

a) Bhranti Darshana b) Therapeutic benefits of mudra c) Therapeutic benefits of Bandha
d) Yoga for promotion of health.
