



‘समानो मन्त्रः समितिः समानी’

UNIVERSITY OF NORTH BENGAL

SEC 1st Semester Examination, 2024

SEC - UPHISEC11001-PHILOSOPHY

YOGA AND HEALTH

Time Allotted: 2 Hours

Full Marks: 40

The figures in the margin indicate full marks.

SECTION-I

1. Answer any *five* questions of the following: 2×5 = 10
- (a) What do you mean by the term ‘Yoga’? 2
 - (b) What is *Asāna*? Name some of the *Asānas*. 2
 - (c) What is called meditation as *Dhyāna*? 2
 - (d) Give a suitable definition of ‘Health’. 2
 - (e) What are the different forms of *kleśa*? 2
 - (f) What is *Vivek-khyāti*? 2
 - (g) Is food related with body or mind? 2
 - (h) What is *Cittavṛtti*? 2

SECTION-II

2. Answer any *two* questions of the following: 5×2 = 10
- (a) How is ‘yoga’ helpful for mental health? 5
 - (b) Explain the importance of ‘Yama’ in Yoga Philosophy. 5
 - (c) Do you think that Yogas have any impact on social health? Write in brief. 5
 - (d) What do you mean by ‘*Prāṇāyama*’? Write in brief the importance of *Prāṇāyama*. 3+2

SECTION-III

3. Answer any *two* questions of the following: 10×2 = 20
- (a) Write a note on *Niyama* and *Āsana* in Yoga philosophy. 10
 - (b) Explain the relation between Food and *Yoga*. Do you think that Fast-foods are good for health? Explain. 6+4
 - (c) What is *Cittabhūmi*? Explain its different varieties. 4+6
 - (d) What is the role of Meditation in our practical life? 10

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