



'समानो मन्त्रः समितिः समानी'

**UNIVERSITY OF NORTH BENGAL**

B.A. Sec 1st Semester Examination, 2023

**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 is Yoga? 2
  - (b) What do you mean by 'Health'? 2
  - (c) What do you mean by liberation according to yoga? 2
  - (d) What is *Ahimsā*? 2
  - (e) What is *Śoucha* or *Śuchitā*? 2
  - (f) What is '*Āsana*'? 2
  - (g) What is "*Prānāyām*"? 2
  - (h) What is Food? 2

**SECTION-II**

2. Answer any **two** questions of the following: 5×2 = 10
- (a) What do you mean by Mental Health? 5
  - (b) Explain the essence of Yoga. 5
  - (c) Explain the relation of food and Yoga. 5
  - (d) Do you think that physical health is needed for Yoga? 5

**SECTION-III**

3. Answer any **two** questions of the following: 10×2 = 20
- (a) What is nature and scope of Yoga? 5+5
  - (b) Explain Eight fold means (*Āṣṭāṅga* Yoga) of Yoga. 10
  - (c) What is Social Health? Do you think that Yogas have any impact on social health? 2+8
  - (d) Explain *Āṣṭāṅga* Yoga as a means to spiritual health. 10

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