



**IGNOU**

# **Certificate Programme in Yoga (CPY)**

## **ASSIGNMENTS 2024 (January Session)**

CPY/AS 1-2

**School of Health Sciences  
Indira Gandhi National Open University  
Maidan Garhi, New Delhi-110 068**

**Dear Student,**

As explained in the Programme Guide, there are two assignments in total and **all** these assignments are compulsory. Please note that the assignments carry a weightage of 30% marks towards the final evaluation in theory component and **submission of related assignments is a prerequisite** for appearing in theory term-end examination for respective papers. It is always better if you can submit all assignments as early as possible during your contact session.

Last Date of Submission	Course Code	Blocks Involved	Assignment Code
30 <sup>th</sup> April 2024	BYG-001/TMA/2024	1, 2, 3, and 4	BYG-001/TMA/2024/AS-1
30 <sup>th</sup> April 2024	BYG-002/TMA/2024	1, 2, 3, and 4	BYG-002/TMA/2024/AS-2

Please take note of the following points before writing your assignments:

- Use only foolscap size paper for writing your responses. Only handwritten assignments will be accepted. Typed or printed copies of assignments will not be accepted.
- Tie the pages after numbering them carefully.
- Write the questions and question number with each answer.
- All the questions are compulsory.
- **Zero marks will be given if it is found that the answers were copied from other student**
- Every assignment will be evaluated out of a full mark of 100. Weightage is indicated in parenthesis against each question.

**Suggestions for writing an assignment:**

Read the assignments carefully. Go through the units on which the answers are based. Draw a rough outline of your answer. Make a logical order. Then write your answer neatly and submit. Give illustrations and tables wherever necessary. You may keep a photo copy of the answer sheets for future reference.

Answer each assignment in separate sheets. On the first page of the assignment response sheet, write the course code, course title, assignment code, name of your programme study centre and date of submission. Your Roll No., Name and Full address should be mentioned in the top right corner of the first page. The first page of your response sheet should look like the format given.

Course Code _____	Enrollment No. _____
Course Title _____	Name _____
Assignment Code _____	Address _____
PSC _____	_____
Date of Submission _____	_____

**Please submit the assignments to your Programme-in-charge (PIC) only.**

**Assignment 1 for Course 1 of Certificate Programme in Yoga  
(Block 1, 2, 3 & 4)  
Programme Code: CPY  
Course Code: BYG-001  
Assignment Code: BYG-001/TMA/2024**

**Programme Code: CPY  
Course Code: BYG-001  
Assignment Code: BYG-001/TMA/2024  
Maximum Marks: 100**

### **Section 1**

**Write the answers in 1200-1500 words. Each question carries 10 marks.**

- 1 Give a life sketch of *Guru Gorakshanatha* along with his work. 10
- 2 What is *karmayoga*? Explain the types of *karma* according to *Bhagwadgita*. 10
- 3 Discuss the content of all four discourses/Chapters of *Hathapradipika*. 10

### **Section 2**

**Write the answers in 500-600 words. Each question carries 5 marks.**

- 4 What do you understand about *Yoga*? Give its etymology and meaning. 5
- 5 Discuss the modern period of *Yoga* tradition. 5
- 6 How many types of Bhaktas are described in *Bhagwadgita*? Also discuss the qualities of Bhakta. 5
- 7 Briefly discuss the principles of *Yoga*. 5
- 8 What does *Bhagwadgita* says about the concept of *Atma* and *Paramatma*? 5
- 9 Write short notes on following : 5
  - a. *Kathopnishad*
  - b. *Brihadaranyakopnishad*

10	What is your understanding about the importance of <i>Yoga Sutra</i> in comparison to other <i>Yogic</i> literature.	5
11	What is <i>Ghatastha Yoga of Maharishi Gheranda</i> ?	5
12	Discuss the early life of <i>Maharishi Dayananda Sarasvati</i> .	5
13	Describe the <i>kriyayoga</i> practice popularized by <i>Paramhansa Yogananda</i> .	5
14	What are the four modes of existence of <i>Kleshas</i> ? Explain.	5
15	Describe Shree <i>Aurbindo</i> as a freedom fighter.	5
16	What are the five states of mind as stated by <i>Maharishi Vyasa</i> .	5
17	Describe the five associates ( <i>Vikshepasahabhuva</i> ) of <i>Chittavikshepa</i>	5

**Assignment 1 for Course 2 Certificate Programme in Yoga  
(Block 1, 2, 3 & 4)**

Assignment of Certificate Programme in Yoga

**Programme Code: CPY**  
**Course Code: BYG-002**  
**Assignment Code: BYG-002/TMA/2024**

**Programme Code: CPY**  
**Course Code: BYG-002**  
**Assignment Code: BYG-002/TMA/2024**  
**Maximum Marks: 100**

## **Section 1**

**Write the answers in 1200-1500 words. Each question carries 10 marks.**

- 1 Discuss digestive System in detail. 10
- 2 What is *Yogic* diet? Explain the three categories of food as mentioned in *Yoga*. 10
- 3 What is *Panchakosha* theory? Explain in detail. 10

## **Section 2**

**Write the answers in 500-600 words. Each question carries 5 marks.**

- 4 Write short notes on following: 5
  - a. Ball and socket joint.
  - b. Cardiac cycle.
- 5 Write short notes on following: 5
  - a. Adrenal gland. (1 mark)
  - b. Spinal cord. (1.5 mark)
  - c. Blood pressure. (2.5 mark)
- 6 Discuss the relationship of *Panchabhutas* with *Tridoshas* and *Trigunas*. 5

- 7 Write short notes on following: 5  
a. *Ida nadi*  
a. *Sushumna nadi*
- 8 What is good health? Discuss its different dimensions. 5
- 9 Discuss the practices recommended to achieve the perfect health of *Annamaya Kosha*. 5
- 10 Write short notes on following: 5  
a. Meditation for mental health.  
b. *Santosha*.
- 11 What do you understand by the term *Triguna*? Briefly discuss the characteristics of *Triguna*. 5
- 12 What do you understand by *Sadavritta* (code of conduct) of *Ayurveda*? 5
- 13 What do you understand by the term consciousness? Briefly discuss the four states of consciousness. 5
- 14 Discuss the stress management according to Yoga Vashishtha. 5
- 15 Write a note on human personality and *Svabhav*. 5
- 16 Write about the concept of *Ayurvedic* diet. 5
- 17 How will you explain the concept of *Vichara* as a *Yogic* principle of healthy living? 5