



IGNOU

Certificate Programme in Yoga (CPY)

ASSIGNMENTS 2022 (July Batch)

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
Nov. 15, 2022	BYG-001/TMA/2022	1, 2, 3, and 4	BYG-001/TMA/2022/AS-1
Nov. 15, 2022	BYG-002/TMA/2022	1, 2, 3, and 4	BYG-002/TMA/2022/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/2022

Programme Code: CPY

Course Code: BYG-001

**Assignment Code: BYG-
001/TMA/2022**

Maximum Marks: 100

Last date of Submission: 15th November 2022

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

- | | | |
|---|--|----|
| 1 | Give a life sketch of <i>Maharishi Dayananda Saraswati</i> along with his work. | 10 |
| 2 | What do the first and fourth discourse of <i>Hathapradipika</i> deals with? | 10 |
| 3 | What is <i>karmayoga</i> ? Explain the types of <i>karma</i> according to <i>Bhagwadgita</i> . | 10 |

Section 2

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

- | | | |
|----|---|---|
| 4 | Define mind in perspective of <i>Yogadarshana/ Yogasutra and Maharishi vyasa</i> . Describe the five states of mind as stated by <i>Maharishi Vyasa</i> . | 5 |
| 5 | What are <i>Tripitakas</i> ? Describe its various types. | 5 |
| 6 | What are <i>Panch Mahabhavas of Bhakti</i> ? Explain with examples. | 5 |
| 7 | Discuss the early life of <i>Adishankaracharya</i> | 5 |
| 8 | Give the qualities of <i>bhakta</i> as described in 12 th chapter of <i>Bhagwadgita</i> . | 5 |
| 9 | Write short notes on following : | 5 |
| | a. <i>Bhojavritti on Yogasutra</i> | |
| | b. <i>Tattvavaishardi tika</i> | |
| 10 | Briefly describe the content of the seventh discourse of <i>Gheranda Samhita</i> . | 5 |
| 11 | Who was guru <i>Gorakshnatha</i> ? What is the significance of his works? | 5 |

- 12 Describe the five associates (*Vikshepasahabhava*) of *Chittavikshepa*. 5
- 13 Why did Shree Aurbindo have started reading of *Vedas*, *Upanishads* and various other spiritual works? 5
- 14 Write short notes on following: 5
- a. *vritties*
- b. *klishtha vritties*
- 15 Discuss the three types/levels of aspirants/ *sadhaka*. 5
- 16 Discuss the causes of diseases/ *vyadhi* in body of Yoga *sadhaka* as an obstacle. How can they control these obstacles? 5
- 17 Describe the characteristics of *Avidya*/ Ignorance. 5

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

Programme Code: CPY

Course Code: BYG-002

Assignment Code: BYG-002/TMA/2022

Programme Code: CPY

Course Code: BYG-002

Assignment Code: BYG-002/TMA/2022

Maximum Marks: 100

Last date of Submission: 15th November 2022

Section 1

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

- | | | |
|---|---|----|
| 1 | Discuss Cardiovascular System in detail. | 10 |
| 2 | What is <i>Panchakosha</i> theory? Explain in detail. | 10 |
| 3 | What is <i>Yogic</i> diet? Explain the three categories of food as mentioned in <i>Yoga</i> . | 10 |

Section 2

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

- | | | |
|---|------------------------------------|---|
| 4 | Write short notes on following : | 5 |
| | a. Structure of pulmonary bronchi. | |
| | b. Pleura. | |
| 5 | Write short notes on following : | 5 |
| | a. Chemical digestion. (1.5 mark) | |
| | b. Structure of mouth. (2.5 mark) | |
| | c. Absorption. (1 mark) | |

- 6 What do you understand by *Pranamaya kosha*? Discuss in brief. 5
- 7 Write short notes on following : 5
- a. *Sthula sharira*.
- b. *Linga sharira*.
- 8 Discuss the concept of *Panchamahabhutas* in brief. 5
- 9 When mind is disturbed, *Prana* also gets disturbed. Do you agree with this statement? Give reason in support of your answer. 5
- 10 Write short notes on following : 5
- a. *Annamaya kosha*.
- b. *Anandamaya kosha*.
- 11 What is *Vata*? Write down its functions in body. 5
- 12 Write short notes on following : 5
- a. *Rajas guna*
- b. *Tamas guna*
- 13 Give the characteristics of a mentally healthy person. 5
- 14 What are the major causes of stress? Also define Eustress and Distress. 5
- 15 What do you understand by *Abhyanga*? State its major benefits. 5
- 16 Described in Hathayogic text *Gheranda samhita*. 5
- 17 What is *Svadhyaya*? Discuss its importance in view of *Yogasutra*. 5