



**IGNOU**

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

## **ASSIGNMENTS 2023 (July 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
Nov. 15, 2023	BYG-001/TMA/2023	1, 2, 3, and 4	BYG-001/TMA/2023/AS-1
Nov. 15, 2023	BYG-002/TMA/2023	1, 2, 3, and 4	BYG-002/TMA/2023/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/2023**

**Programme Code: CPY  
Course Code: BYG-001  
Assignment Code: BYG-  
001/TMA/2023  
Maximum Marks: 100  
Last date of Submission: Nov. 15, 2023**

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

- 1 Give a life sketch of *Guru Gorakhnath ji* along with his work. 10
- 2 What do the first and fourth discourse of *Gheranda samhita* deals with? 10
- 3 What is *karmayoga*? Explain the types of *karma* according to *Bhagwadgita*. 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 What is *karmayoga*? Discuss the types of *karma*. 5
- 7 Briefly discuss the principles of *Yoga*. 5
- 8 What do you understand by the concept of *Atma* and *Paramatma* in *Bhagwadgita*? 5
- 9 Write short notes on following : 5
  - a. *Kathopnishad*
  - b. *Prashnopnishad*
- 10 Explain in your words the importance of *Yoga Sutra* in comparison to other *Yogic* literature. 5

- 11 What do the second and fourth discourse of *Hathapradipika* deals with? 5
- 12 Discuss the early life of *Adishankaracharya*. 5
- 13 How many *Chittavikshepa* has been enumerated by *Maharishi Patanjali* in *Yogasutra*? Describe them. 5
- 14 What do you understand by the concept of *Chittaprasadana*. 5
- 15 What are the four modes of existence of *Kleshas*? Explain. 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 *asthanga yoga* for cultivating *abhyasa and vairagya*. 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/2023**

**Programme Code: CPY  
Course Code: BYG-002  
Assignment Code: BYG-002/TMA/2023  
Maximum Marks: 100  
Last date of Submission: Nov. 15, 2023**

### **Section 1**

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

- |   |   |    |
|---|---|----|
| 1 | Describe musculoskeletal and nervous system of human body.                                    | 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 | Discuss the relationship of <i>Panchabhutas</i> with <i>Tridoshas</i> and <i>Trigunas</i> . | 5 |
| 5 | Describe the cardiovascular of human body   | 5 |
| 6 | Describe respiratory system of Human body   | 5 |
| 7 | Write short notes on following :<br><i>a. Kanda</i><br><i>a. Prana</i>                      | 5 |
| 8 | What is good health? Discuss its different dimensions.                                      | 5 |

- 9 Discuss the practices recommended to achieve the perfect health of *Manomaya* and *Vjnanmaya Kosha*. 5
- 10 Write short notes on following : 5
- a. Role of *Pranayama* in calming down the mind.
- b. *Pratipaksha Bhava*.
- 11 What do you understand by the term *Triguna*? Briefly discuss the characteristics of *Triguna*. 5
- 12 Write a note on human personality and *Svabhav*. 5
- 13 Discuss the concept of *Dincharya* according to *Ayurveda*. 5
- 14 Discuss the *Yogic* perspective of stress in brief. 5
- 15 What do you understand by *Sadavritta* (code of conduct) of *Ayurveda*? 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