



**IGNOU**

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

## **ASSIGNMENTS July 2024 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.

<b>Last Date of Submission</b>	<b>Course Code</b>	<b>Blocks Involved</b>	<b>Assignment Code</b>
<b>Nov. 15, 2024</b>	BYG-001/TMA/2024	1, 2, 3, and 4	BYG-001/TMA/2024/AS-1
<b>Nov. 15, 2024</b>	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**

**Last date of Submission: Nov. 15, 2024**

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

- 1 What is *Bhaktiyoga*? Explain the *Navavidha bhakti* of *Shrimadbhagwadpurana*. 10
- 2 How will you define *Upanishads*? Explain the essence of *Upanishads* in detail? 10
- 3 Give a complete life sketch of *Swami Vivekananda*. 10

**Section 2**

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

- 4 Briefly describe the origin of *Yoga*. 5
- 5 Discuss the *Antaranga Sadhana* of *Jnana/Gyana Yoga*. 5
- 6 What do you understand by *Ghatashta Yoga* of *Maharishi Gheranda*? 5
- 7 Discuss the ideal place and ideal habits of a *Yogi* as mentioned in *Bhagwadgita*. 5
- 8 Discuss the concept of *Astika* and *Nastika Darshan* in detail. 5
- 9 Write short notes on the following: 5

*(a) Bhojavritti on Yogasutra*

(b) *Tattvavaishardi tika*

- 10 What are the types of *Kumbhakas* which are described in *Hathapradipika*. 5
- 11 What is *Chitta*? Discuss its *Trigunatmik* nature. 5
- 12 What do you understand by the term *Abhyasa*. 5
- 13 How many *Chittavikshepa* have been enumerated by *Maharishi Patanjali* in *Yogasutra*? Describe them. 5
- 14 What do you understand by the concept of *Chittaprasadana*. 5
- 15 Write a short note on the following: 5
- (a) *Asmita*  
(b) *Abhinivesha*.
- 16 Why did *Shree Aurbindo* have been started reading the *Vedas*, *Upanishads* and various other spiritual works? 5
- 17 What is the importance of *Prana Sadhna* in *Nathayoga*? 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/2024**

**Programme Code: CPY  
Course Code: BYG-002  
Assignment Code: BYG-002/TMA/2024  
Maximum Marks: 100  
Last date of Submission: Nov. 15, 2024**

## **Section 1**

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

- |   |  |    |
|---|--|----|
| 1 | Provide a detailed account of the structure of the human heart and also discuss the nerve supply in the heart. | 10 |
| 2 | What is the concept of <i>Prana</i> ? Discuss <i>Pancha Pranas</i> and their functions.                        | 10 |
| 3 | Explain the role of <i>Yoga</i> in mental health.  | 10 |

## **Section 2**

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

- |   |  |   |
|---|--|---|
| 4 | Write short notes on the following:<br>a. Functions of the liver.<br>b. Micturition. | 5 |
| 5 | Write short notes on the following:<br>a. The Cranial and facial bones.              | 5 |

- b. Human Lungs.
- 6 What are the three bodies into which the *Panchakosha* are classified? Give their major characteristics. 5
- 7 Write short notes on the following: 5
- Vihara* (recreation)
- Svadhyaya
- 8 What do you understand by the term *Nadi*? Discuss about the three major *Nadis*. 5
- 9 Discuss the practices recommended to achieve the perfect health of *Annamaya Kosha*. 5
- 10 Write short notes on the following: 5
- a. Role of *Pranayama* in calming down the mind.
- b. *Sakshi Bhava*.
- 11 What do you understand by the term *Triguna*? Briefly discuss the characteristics of *Triguna*. 5
- 12 Discuss the relationship between mind and body. 5
- 13 What do you understand by yogic attitude? Discuss about the *Pratipaksha Bhavna*. 5
- 14 Describe the four major phases through which the stress-related disorders progress. 5
- 15 Briefly explain the concept of *Shadarasa* of food in *Ayurveda*. 5
- 16 Write about the concept of *Ayurvedic* diet. 5
- 17 What is *Ritucharya*? Give the classification of seasons in it. 5