



IGNOU

Certificate Programme in Yoga (CPY)

ASSIGNMENTS (January – 2022)

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
As per decision of	BYG-001/TMA/2022	1, 2, 3, and 4	BYG-001/TMA/2022/AS-1
the University	BYG-002/TMA/2022	1, 2, 3, and 4	BYG-002/TMA/2022/AS-2

*Last date of submission of assignment will be decided by the University. Please keep looking the last date of submission of assignment in the IGNOU website.

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 Study Centre/Learner Support Centre/Regional center in hard copy or soft copy as per instruction given by the IGNOU Regional Centre 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**

Section 1

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

- 1 Name the second upanga of *Vedas*. Who wrote the main text of this *darshana* ? Explain this *darshana* in detail. 10
- 2 What is *karma yoga*? Explain the types of *karma* according to *Bhagwadgita*. 10
- 3 What do the first and fourth discourse of *Hathapradipika* deals with? Please discuss in details. 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 How many types of Bhaktas are described in *Bhagwadgita*? Also discuss the qualities of Bhakta. 5
- 6 Discuss the modern period of *Yoga* tradition. 5
- 7 What do you understand by the concept of *Atma* and *Parmatma* in *Bhagwadgita*? 5
- 8 Write short notes on following : 5
 - a. *Kathopnishad*
 - b. *Prashnopnishad*
- 9 Describe the *kriyayoga* practice popularized by *Paramhansa Yogananda*. 5
- 10 Explain in your words the importance of *Yoga Sutra* in comparison to other *Yogic* 5

literature.

- 11** Write short notes on following: **5**
- a.** *vritties*
 - b.** *klishtha vritties*
- 12** Briefly describe the content of the seventh discourse of *Gheranda Samhita*. **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/2022**

**Programme Code: CPY
Course Code: BYG-002
Assignment Code: BYG-002/TMA/2022
Maximum Marks: 100**

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 | Discuss in details about the recommended food/ <i>Pathya Ahara</i> as described in Hathayogic text <i>Gheranda smhita</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 :
<i>a. Sthula sharira.</i>
<i>b. Linga sharira.</i> | 5 |
| 8 | Write short notes on following : | 5 |

- a. *Kanda*
a. *Prana*
- 9 Discuss the practices recommended to achieve the perfect health of *Manomaya Kosha*. 5
- 10 When mind is disturbed, *Prana* also gets disturbed. Do you agree with this statement? Give reason in support of your answer. 5
- 11 Write short notes on following : 5
- a. *Rajas guna*
- b. *Tamas guna*
- 12 Discuss the concept of *Dincharya* according to *Ayurveda*. 5
- 13 What do you understand by *Sadavritta* (code of conduct) of *Ayurveda*? 5
- 14 Discuss the *Yogic* perspective of stress in brief. 5
- 15 What do you understand by *Abhyanga*? State its major benefits. 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